

MONDAY	THECDAY	WEDNESDAY	THURCDAY	FRIRAY	CATURDAY	CUMBAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-6:15a <mark>L1</mark> CYCLE	5:30a-6:15a L1 SPIN FUSION	6:00a-6:50a L1 TOTAL BODY COND.	5:30a-6:15a L1 CYCLE	6:00a-6:50a L1 TOTAL BODY COND.	8:00a-8:50a L1 GENTLE YOGA	8:00a-9:00a L2 GROUP POWER
KATI VON KNORRING	KATI V. / KATE D.	KATE DUBORD	KATI VON KNORRING	KATE DUBORD	FRANCESCA CONWAY	MICHELLE AMORI
SPIN STUDIO	SPIN STUDIO	AS 1	SPIN STUDIO	AS 1	M 1/2	AS 2
:30a-7:15a L1	6:30a-7:15a L1	7:00a-7:30a L1	6:15a-7:15a L2	7:00a-7:30a L1	8:00a-8:50a L2	9:00a-9:50 L1
PIYO (Pilates/Yoga)	STRETCH & CORE	STRETCH EXPRESS	BOOTCAMP	STRETCH EXPRESS	FIT IN FIVE	ZUMBA
KRISTIN DEGROAT	KATE DUBORD	KATE DUBORD	LAMONT ROLLINS	KATE DUBORD	WENDY ROSA	JEN HUMPRHIES
AS 1	AS 1	AS 1	GYM	AS 1	AS 2	AS 1
7:00a-8:00a <mark>L2</mark>	6:15a-7:15a L2	8:00a-9:00a L1-L2	6:30a-7:30a L1	7:00a-8:00a L2	8:00a-8:50a L1	10:00a-10:50a L1-2
GROUP POWER	BOOTCAMP	ADULT BOX & BURN	MEDITATION & YOGA	GROUP POWER	DANCE FUSION	H.I.I.T.
MICHELE AMORI	LAMONT ROLLINS	BRIAN DOWD	KRISTIN DEGROAT	MICHELLE AMORI	MATT HOFFMAN	JEN HUMPRHIES
AS 2	GYM	BOXING LOFT	AS 1	AS 2	AS 1	AS 1
3:00a-9:00a L1	7:30a-8:30a L1	8:00a-9:00a L1	8:00a-9:00a L1	8:00a-8:50a L1	8:00a-8:50a L1	10:00a-11:30a L1
AQUAFIT	BEGINNER PICKLBALL	DANCE FUSION	AQUAFIT	BARRE	SPIN & TONE	YOGA
CLAUDIA MACORA	CLINIC-MUST SIGN UP!	MATT HOFFMAN	CLAUDIA MACORA	FRANCESCA CONWAY	KATE DUBORD	FRANCESCA CONWA
ALUMNI POOL	MAXIMUM 10	AS 1	ALUMNI POOL	AS 1	SPIN STUDIO	M 1/2
8:00a-8:45a <mark>L2</mark>	8:00a-9:00a L1	8:30a-9:30a L2	8:00a-9:15a L1	8:30a-9:20a L2	9:00a-9:50a L1	
WEIGHTS & MORE	AQUAFIT	CYCLE	PILATES & STRETCH	CARDIO DANCE	ZUMBA	
VENDY ROSA	CLAUDIA MACORA	LAMONT ROLLINS	WENDY ROSA	ANNA KOLBIG	KELLZ ARTEAGA	
M 1/2	ALUMNI POOL	SPIN STUDIO	M 1/2	AS 2	AS 1	
3:30a-9:30a L2	8:00a-8:45a L2	9:00a-9:50a L1	9:00a-9:55a L2+	8:30a-9:30a L2	9:00a-9:50a L1	1
CYCLE	CORE & MORE	TRADITIONAL YOGA	STEP & SCULPT	CYCLE	STRETCH	
LAMONT ROLLINS SPIN STUDIO	WENDY ROSA M 1/2	LINDA PARENTICE AS 2	RENEE JENNINGS AS 2	LAMONT ROLLINS SPIN STUDIO	WENDY ROSA M 1	
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3:30a-9:20a L2	8:45a-9:30a L2+	9:00a-9:45 L2	9:30a-10:30a L2	9:30a-10:20a L1	10:00a-10:50a L2	
CARDIO DANCE Anna Kolbig	ULT. CARDIOKICK BRANDON MUBUUKE	ZUMBA TONING KELLZ ARTEAGA	ZUMBA KELLZ ARTEAGA	CARDIO DRUMMING LINDA PARENTICE	TRX WENDY ROSA	1
ANNA KOLBIG AS 2	GYM	M 1/2	AS 1	M 1/2	AS 1	
200 0 50 15	0.50.0.00	0.00 40 :- ::	40.00 (1.00 1.0	0.00.072.11	40.00 (1.22)	
9:00a-9:50a <mark>L2</mark> BODY BAR BARRE	8:50a-9:40a L1 CHAIR YOGA	9:30a-10:15a L1 OSTEOPOROSIS	10:00a-11:00a L2 PILATES MIX BARRE	9:00a-9:50a L1 YOGA	10:00a-11:30a L1 YOGA	
FRANCESCA CONWAY	FRANCESCA CONWAY	WENDY ROSA	LINDA PRENTICE	SUSAN JONES	KRISTIN DEGROAT	1
AS 1	AS 2	AS 1	AS2	AS 1	M 1/2	
10:00a-10:50a L1	9:00a-9:55a L1	10:00a-10:50a L2	10:00a-11:00a L1	10:00a-10:55a L2	11:00a-11:50a L1	+
ZUMBA	YOGA	BODY SCULPT	FIT 4 LIFE	CARDIO BOOTY BARRE	MATTER OF BALANCE	
KELLZ ARTEAGA	SUSAN JONES	LINDA LOMBARDO	DAVE GRAVES	FRANCESCA CONWAY	WENDY ROSA	
AS 1	M 1/2	AS 2	M 1/2	AS 1	AS 1	
10:00a-10:50a L1	9:00a-9:55a L2	10:00a-11:00a L1	11:00a-11:55a L1	11:00a-11:55a L2	11:30a-12:20p L1	
OSTEOPOROSIS	PILATES MAT	FIT 4 LIFE	PD INTRO TO BOXING	BODY CONDITIONING	MOVING FOR LIFE	
WENDY ROSA	LINDA PARENTICE	FRANCESCA CONWAY	BRIAN DOWD	FRANCESCA CONWAY	KRISTIN DEGROAT	
M 1/2	AS 1	M 1/2	AS 1	AS 2	M 1/2	
0:00a-10:50a L1	9:45a-10:45a L2	11:00a-11:50a L2	4:00p-5:00p L1	11:30a-12:30p L1	12:30p-1:30p L2	
PD YOGA	ZUMBA TONING	ACTIVE & STRONG	TEEN BOX & BURN	HYDROFIT SHALLOW	ACTIVE & STRONG	1
FRANCESCA CONWAY AS 2	KELLZ ARTEAGA AS 2	LINDA LOMBARDO AS 2	BRIAN DOWD BOXING LOFT	LINDA PARENTICE OLYMPIC POOL	LINDA LOMBARDO M 1/2	
11:00p-12:00p L1-2 SOCIAL TANGO	10:00a-11:00a L1 FIT 4 LIFE	11:00a-12:00p L1 PD FUNCTIONAL	5:00P-6:00P L1-L2	11:30p-12:30p L1 PD BOXING		
DANIELA ROIG AS2	DAVE GRAVES	STRENGTH	BOX/BURN OPEN GYM BRIAN DOWD	BRANDON MUBUUKE		
NON-MEMBERS \$15.	M 1/2	DAVE GRAVES AS 1	BOXING LOFT	AS 1		
1.002.11.552.1.1	10:05a-11:00a L1	11:30a-12:00p L1	6:30n-7:45n 4	12:00p-1:00p L1		
11:00a-11:55a L1 PD BOXING	10:05a-11:00a L1 BARRE	BEGINNING TAI CHI	6:30p-7:45p L1 GENTLE YOGA	12:00p-1:00p L1 FIT 4 LIFE		
BRANDON MUBUUKE	SUSAN JONES	WENDY MOORE	FRANCESCA CONWAY	DAVE GRAVES		
AS 1	AS 1	M2	AS 1	M 1/2		
1:00a-12:00p L1	11:00a-12:00p L1	12:00p-1:00p L1				
FIT 4 LIFE	PD TAI CHI	TAI CHI				
DAVE GRAVES	KEN DOLAN	WENDY MOORE				
M 1/2	AS 2	M2				
11:30a-12:30p L1	12:00p-1:00p L1	11:30a-12:30p L1				9
HYDROFIT DEEP	PD INTRO TO BOXING	HYDROFIT DEEP				
DANA CONELIAS	BRIAN DOWD AS 1	DANA CONELIAS OLYMPIC POOL			the	
DLYMPIC POOL	MO I	OLT WIPIG POOL	SCHED	ULE NOTES:		S _W
2:05p-1:00p L2	4:30P-6:00P L1-L2	6:00p-6:45p L2		e is subject to chang	e. Please refer to t	he
CTIVE & STRONG	BOX/BURN FOR ALL	CARDIO JAM		ch YMCA app for the		
INDA LOMBARDO	BRIAN DOWD	BRANDON MUBUUKE		ion on classes which		
AS 1	BOXING LOFT AS 1 INTO TIME TO 10 CIASSES WHICH INCIUDES CIASS					

descriptions.

o **BLUE** = Classes in our pools

6:00p-6:50p L2 PILATES MIX BARRE LINDA PRENTICE AS2

6:50p-7:35p L2 BOXING WORKOUT BRANDON MUBUUKE BOXING LOFT

7:00p-8:00p L1 WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER

7:00p-8:00p L1-2 SOCIAL TANGO DANIELA ROIG AS1 NON-MEMBERS \$15.

6:00p-6:55p L1 ZUMBA TONING JEN HUMPHRIES AS 1

6:00p-6:50p L1 POWER YOGA LINDA PARENTICE AS 2

7:00p-8:00p L1 WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER

5:30p-6:20p L1 SPIN & TONE KATE DUBORD SPIN STUDIO

6:30p-7:30p L1-2

ZUMBA EVA MATYSZKOWICZ AS1

- o YELLOW = Parkinson's Body & Mind classes
- o PURPLE = Non-members welcome for a fee
- o **RED** = New classes this month

Level 1 – Beginner/Gentle Level 2 – Intermediate to Advanced Level 2+ – Advanced to Intense