



WELLNESS CENTER BRANCH GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 5:45-6:30 Jacob●	JPI 6:00-6:45 Kathy● #1	Cycle 5:45-6:30 Jacob●	JPI 6:00-6:45 Kathy #1	Cycle 5:45-6:30 Jacob●	Sunrise Yoga 7:45-8:45 Shaheda● #4
Butts & Guts 8:30-9:00 Paul ● #1	HIIT 9:15-10:00 Eddy● #1	Back to Abs 8:30am- 9:00 Paul● #1	Just Pump It 9:15-10:00 Donna● #1	Back to Abs 8:30am- 9:00 Paul● #1	Zumba® 8:00-8:45 Patty● #1
Firm & Fit 9:10-10:00 Wendy● #1	Cycle 9:30-10:15 Donna ●	Yoga 9:00-10:00 Shaheda● # 4	Cycle 9:30-10:15 Curtis ●	Vinyasa Yoga 9:00-10:00 Shaheda● #4	Back to Abs 8:45am- 9:15 Allison/Kathy #5
Barre Class 9:15-10:00 Shaheda● #4	Vinyasa Yoga 9:00-10:15 Angela● #4	Firm & Fit 9:10-10:10 Wendy● #1	Zumba Gold 10:15-11:00 Paola● #1	Firm & Fit 9:10-10:10 Wendy● #1	Just Pump It 9:00-9:45 Donna B● #1
Mat Pilates 10:15-11:00 Wendy● #4	Line Dancing 10:00-11:00 Maria # 2	Mat Pilates 10:15-11:00 Wendy● #4	Mindful Yoga 10:15-11:15 Andrea● #4	Mat Pilates 10:15-11:00 Wendy● #4	Body Works 9:00-9:45 Marylou● #2
Just Pump It 10:20-11:05 Eddy● #1	Zumba 10:15-11:00 Joanna #1	Chair Yoga 10:15-11:00 Shaheda● #5	Stand-Chair Fit 11:15-12:15 Trish ● #1	Chair Yoga 10:15-11:00 Shaheda● #5	POUND 9:00-9:45 Shareena #4
Chair Yoga 10:15-11:00 Shaheda● #5	Stand-Chair Fit 11:15-12:15 Trish ● #1	Just Pump It 10:20-11:05 Eddy● #1	Cycle 5:20-6:10 Anthony	Athletic Training 10:20-11:20 Eddy● #1	Cycle 9:30-10:15 Allison/Kathy
Enhance Fitness 12:30-1:30 Martha● #1 & Jan #4	Cycle 5:20-6:10 Anthony	Enhance Fitness 12:30-1:30 Martha● #1 & Jan #4	Step Zumba 5:30pm-6:15 Taryn● #1	Enhance Fitness 12:30-1:30 Martha● #1 & Jan #4	Zumba Toning® 10:00-10:45am Anne #1
Gentle Yoga 4:30-5:45 Lisa● #4	Zumba® 5:30-6:15 Taryn #1	Cycle 5:30-6:15 Curtis ●	Athletic Training 6:30-7:30 Eddy● #1	Gentle Yoga 4:30-5:45 Lisa● #4	Vinyasa Yoga 10:15-11:15 Lisa #4
Cycle 5:30-6:15 Curtis ●	Tai Chi 6:15-7:15 Rick● #2	Zumba 5:25- 6:10 Patty● #1	Bollywood Dance 6:30-7:15 Paola● #4	Zumba 6:45-7:30 Paola● #1	Kickboxing 11:00-11:45 Emily #1
Cardio & Strong Bones 5:30-6:15 Marylou● #5	Yoga 6:15-7:15 Lisa● #4	PIYO Pilates & Yoga 6:20-7:05 Fabiola● #4	Soul Sweat Yoga 7:30-8:45 Mick● #4	Family Fitness 7:45-8:45 pm Paola● #1	SUNDAY
Zumba® 5:30-6:15 Vicky● #1	Plyoga 6:30-7:15 Beth● #1	Strength & Core 6:15-7:00 Taryn● #1	Zumba 7:35-8:20 Paola● #1		PIYO Pilates & Yoga 8:00-9:00 Fabiola● #4
Yoga Q & A 5:50-6:10 Lisa● #4	Zumba® w/JPI 7:30-8:15 Shareena● #1	Cycle 7:00-7:45 Allison●			AeroDance 9:15-10:00 Paola● #1
Athletic Training 6:30-7:30 Eddy● #1	Mat Pilates 7:30-8:15 Donna● #4	Zumba 7:10-7:55 Kimberly #1			Cycle 9:15-10:00 Fabiola●
Yoga 6:15-7:15 Lisa● #4	Cycle 8:20pm-9:05 Donna●	ChopraYoga & Meditation 7:45-9:00 Donna V● #4			Yoga 10:15-11:15 Kristin M● #1
Cycle 7:15-8:00 Anthony ●	Zumba Toning® 8:25-9:10 Anne #1	POUND 8:00-8:45 Shareena #1			Plyoga Plyometrics&Yoga 10:15-11:00 Beth● #4
Kickboxing 7:20-8:05 Donna B● #4					
Line Dancing 7:30-8:30 Greg # 2					
Just Pump It 8:15-9:00 Donna B● #4					
Zumba 8:00-8:45 Paola● #1					

Please ask for a class card from the Welcome Center Staffup to 30 minutes before class.

In consideration of class participants, classes are closed 10 minutes after starting time.

Effective Tuesday, September 4, 2018!

Please download the App at "The Gateway Family YMCA" to see the latest Group X updates, notifications and schedules.