



# WELLNESS CENTER BRANCH GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

Class involves no "floor work"

**Please ask for a class card at the Welcome Center up to 30 minutes before class.**

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

Please download the App at "The Gateway Family YMCA" to see the latest Group X updates and notifications.  
Effective 2-1-19