



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

August 2018
OXFORD YMCA

GROUP EXERCISE CLASSES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|-------------------------------|--------------------------------------|-------------------------------|---------------------|-------------------------------|--------------------|--------|
| 5:00am | Body Pump Wendy | Boot Camp Corey | | Boot Camp Corey | | | |
| 6:00 or 6:15 | | Strength and Stretch | | | | | |
| 8:05am | Y Power Angie | Bootcamp Corey | Y Power Angie | Boot Camp Corey | | | |
| 9:00 am | | | | | | Body Pump Wendy | |
| 9:10am | HIIT Amber | Y Rhythm Mia | HIIT Amber | Y Rhythm Mia | HIIT Amber | | |
| 10:10am | | | | | | Zumba Wendy | |
| 10:30am | Y Power Senior Chase/Eddie | Strength, stretch balance and fun | Y Power Senior Chase/Eddie | | Y Power Senior Chase/Eddie | | |
| 12:05pm | | Endurance Fit | | Endurance Fit | | | |
| 4:30pm | Y Step Rita | Zumba Wendy | Body Pump Wendy | Zumba Wendy | | | |
| 5:40pm | Body Pump Marsha | Endurance Fit Marsha | | Body Pump Marsha | | | |

Y-CYCLE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------------|----------------------|----------------------|----------------------|-----------------|-----------------------|--------|
| 5:30am | Y Cycle Duke | Y Cycle Duke | Y Core Combo Duke | Y Cycle Duke | Y Cycle Duke | | |
| 7:45am | Y Cycle Duke | Y Cycle Bev/Eddie | | Y Cycle Bev/Eddie | | | |
| 9:00am | | | | | | Y Cycle (Rotation) | |
| 12:00pm | Y Cycle Leanne | | Y Cycle Leanne | | Y Cycle Bev | | |
| 5:30pm | Y Cycle Bev | | Y Cycle Mike | | | | |

MIND /BODY

| | | | | | | | |
|---------|--------------------|-----------------------|---------------------|--------------------|--------------------|-----------------------|--|
| 8:00am | Y Pilates Greta | Y Barre Greta | Y Pilates Jacqui | Y Pilates Amber | Y Barre Greta | | |
| 9:00 | | | | | | Y Pilates Beth Ann | |
| 10:15am | Y Yoga Daniella | | Y Yoga Daniella | | Y Yoga Daniella | | |
| 10:30am | | Y Yoga Betsy | | Y Yoga Betsy | | | |
| 4:00pm | | Y Pilates Beth Ann | | | | | |
| 4:15pm | Y Barre Greta | | Y Barre Greta | | | | |
| 5:30pm | | | Y Yoga Rohini | | | | |

Class Location:

GFS Group Fitness Studio CS Cycle Studio MB Mind/Body Studio G Gymnasium
PTS Personal Training Studio AX Annex building CM Creative Movement Studio
WC Wellness Center

Hours of operation

Monday-Thursday 5:00 am - 9:00 pm
Friday 5:00 am—7:00 pm
Saturday 7:00 am—3:00 pm
Sunday 2:00 pm—6:00 pm

★ Denotes a change in class from previous month