



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November 2018
OXFORD YMCA

GROUP EXERCISE CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Boxing Corey	Boot Camp Corey	Boot Camp Corey ★	Boot Camp Corey			
6:00 or 6:15		Strength and Stretch					
8:05am	Y Power Nancy	Bootcamp Corey	Y Power Nancy	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 Corey		Endurance Fit Alley			
4:30pm	Y Step Rita	Zumba Wendy	Body Pump Sofi	Zumba Wendy			
5:40pm	Body Pump Sofi ★	Endurance Fit Angie/Linnea ★		Body Pump Sfi ★			

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 Eddie/Linnea ★		Y Cycle Eddie/Linnea ★		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