



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

April 2019  
**NUBER YMCA**

**GROUP FITNESS CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Body Attack® Katie (GFS)				Body Attack® Katie (GFS)		
6:00am	BodyPump® Katie (GFS)	Y-Cycle/Y-Core Ronda (CS)	Bootcamp Ronda (GFS)	Y-Cycle/Y-Core Ronda (CS)	BodyPump® Katie (GFS) (30 min)		
8:15am						BodyPump® Helen/Shey (GFS)	
8:30am	Zumba Answorth (GFS)	Y-Cycle/Y-Core Ronda (CS)	Y-Barre Lettie (GFS)	Bootcamp Ronda (GFS)			
9:30am	Step Megan (GFS)	Body Pump® Helen (GFS)	HIIT Meredith (GFS)	Body Pump® Helen (GFS)	Step Meredith (GFS)	Y-Barre Carrie (GFS)	
9:30am			Y-Trek Helen (WC) ✦		Y-Trek Helen (WC) ✦		
10:30am	Y-Yoga Diane (GFS)	Pilates Carrie (GFS)	Restorative Yoga Diane (GFS)	Pilates Cheryl (GFS)	Vinyasa Yoga Jimmie (GFS)	Zumba Paxton (GFS)	
10:30am				Tai Chi Linda (AX)			
12:00	Silver Sneaker Circuit® Jimmie (GFS)	Line Dance Answorth (GFS)	Silver Sneaker Circuit® Diane (GFS)	Line Dancing Answorth (GFS)	Silver Sneaker Yoga® Jimmie (GFS)		
1:00pm	Silver Sneaker Boom Move/Muscle ® Jewell (GFS)	Enhanced Movement Diane (GFS)	Silver Sneaker Yoga® Jimmie (GFS)	Silver Sneaker Boom Move/Muscle ® Jewell (GFS)	Restorative Yoga Diane (GFS)		
2:30pm							Y-Yoga Diane (GFS)
3:30pm				Pilates Lettie (GSF)			
4:00pm	Pilates Lettie (GSF)		Pilates Carol (GFS)				
4:30pm		Y-Power Megan (GFS)		Y-Power Mercy (GFS)			
5:00pm			Zumba® Answorth (GFS)		Bootcamp Mercy (GFS)		
5:15pm	Body Attack® Melissa (GFS)						
5:30pm		Step Debra (GFS)		Zumba® Answorth (GFS)			
6:00pm	Body Pump® Helen (GFS)		Body Pump® Shey (GFS)				
6:30pm		Y-Yoga Debra (GFS)		Step Laura (GFS)			
7:00pm	Zumba® Shallon (GFS)		Restorative Yoga Diane (GFS)				
7:30pm		Tai Chi Linda (GFS)					

- Mind/Body
- Cardio
- Specialty
- Dance
- Strength
- Water

**Class Location:**

GFS Group Fitness Studio CS Cycle Studio P Pool  
PTS Personal Training Studio AX Annex building WC Wellness Center

★ Denotes a change in class from previous month

✦ Reserve your spot with a number from the Welcome Center starting at 8am

See back for Cycle, Water, and Youth class times.



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**Y-CYCLE CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		Y-Cycle/Y-Core Ronda (CS)		Y-Cycle/Y-Core Ronda (CS)			
8:15am					Y-Cycle/Y-Core Ronda (CS)		
8:30am		Y-Cycle/Y-Core Ronda (CS)	Y-Cycle Helen (CS)				
9:30am						Y-Cycle Helen (CS) (30min)	
10:30am		Y-Cycle Helen (CS) (30min)		Y-Cycle Helen (CS) (30min)			
1:30pm							Y-Cycle Carrie (CS)
5:15pm	Y-Cycle Helen (CS) (30min)		Y-Cycle Shey (CS) (30min)				
5:30pm		Y-Cycle Carrie (CS) (30min)		Y-Cycle Lillian (CS)			

**WATER FITNESS CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Early Bird Water Fit Mattie (P)	Early Bird Water Fit Mattie (P)	Early Bird Water Fit Mattie (P)	Early Bird Water Fit Mattie (P)	Early Bird Water Fit Mattie (P)		
8:30am						Aqua Zumba Monica (P)	
9:30am	Aqua Blast Mattie (P)	Shallow Water Fit Mattie (P)	Aqua Blast Lisa (P)	Shallow Water Fit Mattie (P)	Shallow Water Fit Mattie (P)		
10:00am							
10:30am	Deep Water Fit Mattie (P)		Deep Water Workout Lisa (P)		Deep Water Fit Mattie (P)		
5:30pm	Shallow Water Fit Mattie (P)	Water Walking Ronda (P)	Aqua Zumba Jessica (P)	Aqua Blast Melissa (P)			

**YOUTH FITNESS CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:45am	Fitness School		Fitness School		Fitness School		
5:00pm		Y-Fit Kids					
5:30pm	Youth Strength and Stretch			Youth Strength and Stretch			

- Mind/Body
- Cardio
- Specialty
- Dance
- Strength
- Water

**Class Location:**

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PTS Personal Training Studio AX Annex building WC Wellness Center

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