



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

August 2018  
**NUBER YMCA**

**GROUP EXERCISE CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	Body Attack Kaite (GFS)				Body Attack Kaite (GFS)		
6:00am	BodyPump® Carrie (GFS)	Y-Cycle/Y-Core Ronda (CS)	Bootcamp Ronda (GFS)	Y-Cycle/Y-Core Ronda (CS)	BodyPump® Carrie (GFS)		
7:30am				Y-Stretch Lettie (GFS)			
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)	Vinyasa Yoga Jimmie (GFS)	Y-Barre Carrie (GFS)	
9:30am				Pilates Cheryl (AX)			
10:30am	Y-Yoga Diane (GFS)	Pilates Carrie (GFS)	Restorative Yoga Diane (GFS)		Silver Sneaker Circuit ® Jimmie (GFS)	Zumba Paxton (GFS)	
11:30am					Restorative Yoga Diane (GFS)		
12:00	Silver Sneaker Circuit ® Jimmie (GFS)	Line Dance Answorth (GFS)	Silver Sneaker Circuit® Diane (GFS)	Line Dancing Answorth (GFS)			
1:00 pm	Silver Sneaker Boom Move /Muscle ® Jewell (GFS) ★	Silver Sneaker Yoga ® Jimmie (GFS)	Silver Sneaker Boom Move /Muscle ® Jewell (GFS) ★	Silver Sneaker Yoga® Jimmie (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 Meredith (GFS)			
5:00pm			Zumba ® Answorth (GFS)		Bootcamp Helen (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)				

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

See back for Cycle, Aquatic and Youth class times.



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

Aqua 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						Aqua Deep Bootcamp Mattie (P)	
10:30am	Deep Water Fit Mattie (P)		Deep Water Workout Lisa (P)		Deep Water Fit Mattie (P)		
5:30pm	Shallow Water Fit Mattie (P)	Aqua Blast Melissa (P)	Aqua Zumba Monica (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

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