

INDEPENDENT HEALTH FAMILY YMCA  
**STUDIO 1 SCHEDULE**  
 EFFECTIVE JANUARY 23, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>BODYPUMP®</b> 5:45am- 6:30am Brett P.		<b>BODYPUMP®</b> 5:45am- 6:30am Brett P.		
	<b>Yoga</b> 7:00am-7:45am Paula C.		<b>Yoga</b> 7:00am-7:45am Paula C.			
					<b>Tai Chi</b> 8:00am-8:45am Brian C.	<b>BODYPUMP® Express</b> 8:15am-8:45am Michelle C.
<b>BODYPUMP®</b> 9:15am-10:00am Brett P.	<b>BODYPUMP®</b> 9:00am-10:00am Kym S.	<b>Core &amp; More</b> 9:00am-9:45am Kayla G.	<b>BODYPUMP®</b> 9:00am-10:00am Kym S.	<b>Core &amp; More</b> 9:00am-9:45am Tara B.	<b>HIIT</b> 9:00am-9:45am Tara B.	<b>Cardio Kickboxing</b> 9:00am-9:45am Michelle C.
<b>Power Yoga</b> 10:15am-11:15am Lexie G.	<b>Core &amp; More</b> 10:15am-11:00am Pam V.	<b>Cardio Intervals</b> 10:00am-10:45am Kayla G.	<b>Drums Alive</b> 10:15am-11:00am Jody H.	<b>HIIT</b> 10:00am-10:45am Kayla G.	<b>Drums Alive</b> 10:00am-10:45am Gene G.	<b>BODYPUMP®</b> 10:00am-11:00am Nicole T
<b>Zumba®</b> 11:30am-12:15pm Mary Ellen G.	<b>Silver Sneaker® Classic</b> 11:15am-12:00pm Holly Z.	<b>Low Impact Circuit</b> 11:15am-12:00pm Cherish M.	<b>Silver Sneaker® Classic</b> 11:15am-12:00pm Holly Z.	<b>Low Impact Circuit</b> 11:15am-12:00pm Cherish M.	<b>Zumba Gold®</b> 11:15pm-12:00pm Cherish M.	
	<b>Yoga</b> 12:15pm-1:00pm Bonnie P.		<b>EnerChi</b> 12:15pm-1:00pm Jody H.			
	<b>Fusion</b> 5:00pm-5:45pm Shawniece B.	<b>Pilates</b> 5:00pm-6:00pm Sandy K.	<b>Barre</b> 5:00pm-5:45pm Shawniece B.	<b>Fusion</b> 5:00pm-5:45pm Cathy S.		
	<b>BODYPUMP®</b> 6:15pm-7:00pm Nicole T.	<b>Yoga</b> 6:15pm-7:00pm Mary Ellen G.	<b>BODYPUMP®</b> 6:15pm-7:15pm Michelle C.	<b>Low Impact Strength &amp; Conditioning</b> 6:15pm-7:00pm Brian C.		
				<b>Power Yoga</b> 7:15pm-8:15pm Lexie G.		

INDEPENDENT HEALTH FAMILY YMCA  
**CYCLE ROOM/TRX CIRCUIT SCHEDULE**  
 EFFECTIVE JANUARY 23, 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Group Cycling</b> 5:45am-6:30am Michelle C.				<b>Group Cycling</b> 5:45am-6:30am Michelle C.	
			<b>Group Cycling</b> 7:00am- 7:45am Pam V.			
<b>Group Cycling</b> 8:15am-9:00am Abby O.					<b>Group Cycling</b> 8:30am-9:15am Alison C.	
			<b>Group Cycling</b> 9:30am-10:15am Sarah C.			<b>Low Impact Group Cycling</b> 9:15am-9:45am Pam V.
		<b>TRX Circuit</b> 10:30am-11:15am Cherish M.		<b>TRX Circuit</b> 11:15am-12:00pm Kayla G.		<b>Group Cycling</b> 10:15am-11:00am Pam V.
	<b>Group Cycling</b> 5:00pm-5:45pm Nicole T.			<b>Group Cycling</b> 5:00pm-5:45pm Shawniece B.		
		<b>Group Cycling</b> 6:15pm-7:00pm Cathy S.	<b>Group Cycling</b> 6:15pm-7:00pm Shawniece B.			

**All TRX Circuit classes are located at the Queenax on the Wellness Floor.**