

**GROUP EXERCISE – MAIN GYM**

**AUGUST 1<sup>ST</sup> - AUGUST 21<sup>ST</sup> 2022** \*A schedule adjustment will occur from 8/22-9/5



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Fusion</b> 5:15 – 6:00 am Karen		<b>Fusion</b> 5:15 – 6:00 am Karen		<b>Fusion</b> 5:15 – 6:00 am Karen	
	<b>Low Impact Circuit</b> 8:15 – 9:00 am Kathy	<b>SilverSneakers® Circuit</b> 8:15 – 9:00 am Marla	<b>Low Impact Circuit</b> 8:15 – 9:00 am Kathy	<b>SilverSneakers® Circuit</b> 8:15 – 9:00 am Marla	<b>Low Impact Circuit</b> 8:15 – 9:00 am Kathy	
	<b>SilverSneakers® Classic</b> 9:30-10:15 am Brandon	<b>SilverSneakers® Classic</b> 9:30 – 10:15 am Marla/Emily-Rose	<b>Strength &amp; Conditioning</b> 9:30 – 10:15 am Kathy	<b>SilverSneakers® Classic</b> 9:30 – 10:15 am Marla	<b>SilverSneakers® Classic</b> 9:30 – 10:15 am Brandon	
	<b>Zumba®</b> 10:30 – 11:15 am Sara		<b>Zumba®</b> 10:30 – 11:15 am Sara		<b>Cardio Dance</b> 10:30 – 11:15 am Melissa	
	<b>Zumba® Gold</b> 11:30 – 12:15 pm Sara		<b>Zumba® Gold</b> 11:30 – 12:15 pm Sara		<b>Zumba® Gold</b> 11:30 – 12:15 pm Brandon	
<b>Zumba®</b> 12:30 – 1:15 pm Sara B.						

# GROUP EXERCISE – AUXILIARY GYM

**AUGUST 1<sup>ST</sup> – AUGUST 21<sup>ST</sup> 2022** \*A schedule adjustment will occur from 8/22-9/5



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Cycle &amp; Circuit</b> 5:15 – 6:00 am Karen				
						<b>HIIT</b> 8:15 – 9:00 am Sara V.
	<b>Strength &amp; Conditioning</b> 9:30 – 10:15 am Jilyana	<b>Interval Training</b> 9:30 – 10:15 am Kathy		<b>Interval Training</b> 9:30 – 10:15 am Kathy	<b>Strength &amp; Conditioning</b> 9:30 – 10:15 am Jilyana	<b>Cycling</b> 9:30 – 10:30 am Sara V.
	<b>Pedaling for Wellness</b> 10:30 – 11:15 am Sue	<b>Yoga</b> 10:30 – 11:30 am Sue		<b>Yoga</b> 10:30 – 11:30 am Sue	<b>Cycling</b> 10:30am – 11:15 am Cristina M.	
		<b>Zumba®</b> 12:00 – 12:45 pm Melissa		<b>Zumba®</b> 12:00 – 12:45 pm Melissa		
		<b>Cycling</b> 4:30 – 5:15 pm Sara V.	<b>Cycle &amp; Circuit</b> 4:45 – 5:45 pm Sara V.	<b>Cycling</b> 4:30 – 5:30 pm Sara V.		
		<b>Balanced Boxing</b> 5:30 – 6:30 pm Jim W. *8/23 ONLY				
	<b>Cycling</b> 6:15 – 7:00 pm Abby	<b>Boxing Fitness</b> 6:30 – 7:30 pm Jim W. *8/23 ONLY	<b>BODYPUMP™</b> 6:45 – 7:45 pm Cristina M.			
	<b>BODYPUMP™</b> 7:15 – 8:15 pm Sara V.					

SOUTHTOWNS FAMILY YMCA

# GROUP EXERCISE – STUDIO

**AUGUST 1<sup>ST</sup>–AUGUST 21<sup>ST</sup> 2022** \*A schedule adjustment will occur from 8/22-9/5



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BODYPUMP™</b> 9:00 – 10:00 am Renaë	<b>Cardio Kickboxing</b> 9:00 – 10:00 am Jess	<b>BODYPUMP™ Express</b> 9:15 – 10:00 am Melissa M.	<b>Cardio Kickboxing</b> 9:00 – 10:00 am Jess	<b>BODYPUMP™ Express</b> 9:15 – 10:00 am Melissa M.	<b>Cardio Kickboxing</b> 9:00 – 10:00 am Jess	
<b>Healthy Back</b> 10:15 – 11:00 am Joy						<b>Cardio Kickboxing</b> 10:00 – 11:00 am Jess
<b>Yoga</b> 11:15 – 12:15 pm Joy			<b>Low Impact Strength &amp; Conditioning</b> 11:30 – 12:15 pm Melissa T.		<b>Low Impact Strength &amp; Conditioning</b> 11:30 – 12:15 pm Melissa T.	<b>Yoga</b> 11:15 – 12:15 pm Adrianna
		<b>SilverSneakers® Yoga</b> 12:00 – 12:45 pm Sue	<b>BARRE</b> 12:30 – 1:15 pm Melissa T.	<b>SilverSneakers® Yoga</b> 12:00 – 12:45 pm Sue		
		<b>Strength &amp; Conditioning</b> 6:00 – 6:45 pm Lisa	<b>Core &amp; More</b> 6:00 – 6:45 pm Renaë	<b>Strength &amp; Conditioning</b> 6:00 – 6:45 pm Lisa		
	<b>Zumba®</b> 7:00 – 7:45 pm Sara B.	<b>Core &amp; More</b> 7:00 – 7:45 pm Lisa	<b>Zumba®</b> 7:00 – 7:45 pm Sara B.	<b>Core &amp; More</b> 7:00 – 7:45 pm Lisa		
			<b>Yoga</b> 8:00 – 8:45 pm Alaina	<b>Gentle Yoga</b> 8:00 – 8:45 pm Adrianna		