









Group Fitness Schedule







For Youth Development, Healthy Living & Social Responsibility




June 4th—September 4th




(Instructor coverage subject to change)
 *Twice per month— check group X window for schedule
 MPR— Multi-Purpose Room




Monday	
8:00 AM	Spin
9:00 AM	Pilates
10:05 AM	Forever Strong
11:05 PM	 Enhance Fitness®- (MPR)
5:00 PM	 Insanity
6:00 PM	 Zumba-Gym 1
6:15 PM	Spin
7:00 PM	YMCA Circuit-Gym 1

Thursday	
6:15 AM	 Zumba
9:00 AM	Guts-n-Butts
11:30 AM	 SilverSneakers® Classic
5:15 PM	 Piyo
6:15 PM	Pilates
7:00 PM	Boot/KettleKamp-Gym 2

Tuesday	
6:15 AM	 Zumba
9:00 AM	 Pound (MPR)
10:15 AM	 Zumba Gold  SILVER&FIT® ENDORSED
11:30 AM	 SilverSneakers® Classic
4:45 PM	 Piyo
6:00 PM	Spin
7:00 PM	Yoga

Friday	
6:00 AM	Total Body Conditioning
8:00 AM	Spin
9:00 AM	Power HIIT— (MPR)
10:00 AM	 Zumba
11:05 AM	 Enhance Fitness®- (MPR)
4:00 PM	 P90X

Wednesday	
6:00 AM	Total Body Conditioning
8:00 AM	Spin
9:00 AM	Power HIIT— (MPR)
10:05 AM	Forever Strong
11:05 AM	 Enhance Fitness® (MPR)
5:00 PM	Spin
6:00 PM	 Zumba- Gym 1
6:15 PM	Y Box
7:00 PM	 Insanity- (MPR)

Saturday	
8:15 AM	Pilates
9:00 AM	 Zumba
10:05 AM	 Pound or Spin*
11:30 AM	 SilverSneakers® Yoga

Sunday	
Closed	