



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

HOOD COUNTY YMCA

Effective April 14, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15 AM FIT Yoga Lindsey · Studio B	5:15-6:15 AM Y-WARRIOR Lindsey · Gym	5:15-6:15 AM FIT Yoga Lindsey · Studio B	5:15-6:15 AM Y-WARRIOR Lindsey · Gym	5:15-6:00 AM BOGA Lindsey · Pool	8:15-9:00 AM RPM Kelley · Studio B
8:15-9:15 AM BODYPUMP Kelley · Gym	6:15-7:15 AM BODYPUMP Crystal · Studio B	8:15-9:15 AM BODYPUMP Kelley · Gym	6:15-7:15 AM BODYPUMP Crystal · Studio A	5:30-6:15 AM RPM Crystal · Studio B	8:15-9:15 AM Step Julie · Studio A
8:15-9:15 AM Yoga Milly · Studio B	8:15-9:00 AM RPM Crystal · Studio B	9:15-10:15 AM Aqua Motion Nancy · Indoor Pool	8:15-9:00 AM RPM Crystal · Studio B	7:00-8:00 AM Y-WARRIOR Crystal · Gym	9:30-10:30 AM BODYPUMP Crystal · Studio A
9:30-10:30 AM BODYCOMBAT Sara · Studio A	8:15-9:00 AM Tabata Xtreme Suzanne · Gym	9:30-10:30 AM BODYCOMBAT Sara · Studio A	8:15-9:00 AM Tabata Xtreme Suzanne · Gym	8:15-9:15 AM BODYPUMP Kelley · Gym	
9:30-10:15 AM RPM Kelley · Studio B	9:15-10:15 AM Aqua Pump Judy · Indoor Pool	9:30-10:15 AM RPM Kelley · Studio B	9:15-10:15 AM Aqua Pump Judy · Indoor Pool	9:15-10:15 AM Aqua Motion Nancy · Indoor Pool	
10:45-11:30 AM Pilates BJ · Studio A	10:30-11:30 AM Water Fit Judy · Indoor Pool	10:45-11:45 AM Yoga BJ · Studio A	10:30-11:30 AM Water Fit Judy · Indoor Pool	9:30-10:25 AM Yoga Kelli · Studio A	
10:30-11:15 AM SilverSneakers Classic Diana · Studio B	9:30-10:30 AM Yoga Kelli · Studio A	10:30-11:15 AM SilverSneakers Classic Diana · Studio B	9:45-10:40 AM Pilates Jennifer · Studio A	10:30-11:15 AM SilverSneakers Classic Tracy · Studio B	
	10:45-11:45 AM Zumba Gold Jennifer · Studio A		10:45-11:45 AM Zumba Gold Jennifer · Studio A		
4:00-4:45 PM RPM Chrissy · Studio B			4:00-4:45 PM RPM Chrissy · Studio B		
5:00-5:50 PM Zumba Tati · Studio A	5:00-5:45 PM Step Express Shelly · Studio A	5:00-5:50 PM Zumba Frances · Studio A	5:00-5:45 PM BODYPUMP Express Chrissy · Studio A		
6:00-7:00 PM BODYPUMP Chrissy · Gym	6:00-7:00 PM BODYCOMBAT Shelly · Studio A	6:00-7:00 PM Yoga Kelli · Studio B	6:00-7:00 PM BODYCOMBAT Shelly · Studio A		