



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## RYAN FAMILY YMCA

Effective February 15, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:15 AM Y-Warrior Crissy-Outside	8:15-9:15 AM BODYPUMP Cat-Studio A	8:15-9:15 AM Zumba John Studio A	8:15-9:15 AM BODYPUMP Cat-Studio A	8:15-9:15 AM Y Warrior Crissy-Outside	8:15-9:15 AM Zumba Michelle P-Studio A
9:30-10:30 AM Pilates Cathy-Studio A	9:15-10:15 AM Aqua Julie-Pool	9:30-10:30 AM Muscle mix Barbara-Studio A	9:15-10:15 AM Aqua Julie-Pool	9:30-10:30 AM Muscle mix Barbara-Studio A	9:30-10:30 AM BODYPUMP Thomas-Studio A
10:45-11:45 AM SilverSneakers Circuit Cathy-Studio A	9:30-10:15 AM BODYATTACK Crissy-Studio A	10:45-11:45 AM SilverSneakers Classic Michelle-Studio A	9:30-10:30 AM Yoga Cathy-Studio A	10:45-11:45 AM SilverSneakers Circuit Cathy-Studio A	10:45-11:45 AM Yoga Cathy-Studio A
	10:45-11:45 AM SilverSneakers Boom Move Michelle-Studio A		9:30-10:30 AM Cycle Crissy-Studio B		
5:00-6:00PM Zumba Akiko-Studio A			10:45-11:45 AM SilverSneakers Classic Crissy-Studio A		
6:00-7:00PM Y-Warrior Kaleb-Outside	6:00-7:00 PM BODYFLOW Kevin-Studio A	6:00-7:00 PM Zumba Natasha-Studio A	5:00-6:00 PM BODYPUMP Lauren-Studio A		
6:15-7:15 PM BODYPUMP Kevin-Studio A	6:00-7:00 PM Cycle Dahlia-Studio B	6:00-7:00PM Y-Warrior Kaleb-Outside	6:00-7:00 PM Cycle Dahlia-Studio B		