



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE NORTHPARK YMCA

Effective April 5, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15 AM BODYPUMP Madelynn · Group Ex	5:15-6:15 AM Cycle Marcus · Spin Room	5:15-6:15 AM BODYPUMP Laney · Group Ex	5:15-6:15 AM Cycle Marcus · Spin Room		
8:15-9:00 AM RPM Alicia · Spin Room	8:15-9:15 AM BODYPUMP Jenafer · Group Ex	8:15-9:00 AM RPM Alicia · Spin Room	8:15-9:15 AM BODYPUMP Jenafer · Group Ex	8:15-9:00 AM RPM Madelynn · Spin Room	8:15-9:15 AM BODYCOMBAT Melissa · Group Ex
8:15-9:15 AM BODYSTEP Allison · Group Ex	9:30-10:30 AM Barre Amber · Group Ex	8:15-9:15 AM BODYCOMBAT Melissa · Group Ex	9:30-10:30 AM Barre Allison · Group Ex	9:30-10:30 AM Cardio Strength Marcy · Group Ex	9:30-10:30 AM BODYPUMP Susan · Group Ex
9:30 AM-10:30 AM Y Warrior Marcy · Outside	10:45-11:45 AM Gentle Yoga Leanne · Group Ex	9:30-10:30 AM Y Warrior Laney · Outside	10:45-11:45 AM Gentle Yoga Leanne · Group Ex	10:30-11:30 AM Yoga Pam · Group Ex	9:30-10:30 AM Cycle Amanda M. · Group Ex
10:15-11:15 AM BODYFLOW Jenafer · Group Ex	12:30-1:15 PM SilverSneakers Classic Kim · Group Ex	10:15-11:15 AM BODYFLOW Jenafer · Group Ex	12:30-1:15 PM SilverSneakers Classic Kim · Group Ex	12:30-1:15 PM SilverSneakers Circuit Kathleen · Group Ex	10:45-11:45 AM Zumba Alejandra · Group Ex
12:30-1:15 PM SilverSneakers Circuit Kathleen · Group Ex		11:30-12:30 PM Zumba Gold Alejandra · Group Ex			
5:00-6:00 PM BODYPUMP Laney · Group Ex	5:00-6:00 PM BODYCOMBAT Dana · Group Ex	5:30-6:30 PM Cycle Marcy · Group Ex	6:00-7:00 PM BODYPUMP Jessica · Group Ex		
6:30-7:25 PM Zumba Alejandra · Group Ex		6:30-7:25 PM Zumba Alejandra · Group Ex			



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