



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE NORTH PARK YMCA

Effective May 24, 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 Jenafer · Group Ex	5:15-6:15 AM Cycle Marcus · Spin Room	5:15-6:15 AM BODYFLOW Jenafer · Group Ex	
8:15-9:00 AM RPM Alicia · Spin Room	8:15-9:15 AM BODYPUMP Laney · 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	8:15-9:15 AM Yoga Pam · 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	9:30-10:30 AM Cardio Strength Marcy · Group Ex	9:30-10:30 AM Cycle Amanda M. · Group Ex
9:30-10:30 AM BODYFLOW Alicia · Group Ex	12:30-1:30 PM SilverSneakers Classic Kim · Group Ex	9:30-10:30 AM BODYFLOW Alicia · Group Ex	12:30-1:30 PM SilverSneakers Classic Linda · Group Ex	10:45-11:45 AM HIGH Fitness Brittney · Group Ex	10:45-11:45 AM Zumba Erica · Group Ex
10:45-11:45 AM HIGH Fitness Brittney · Group Ex		10:45-11:45 PM Zumba Gold Alejandra · Group Ex		12:00-12:45 PM SilverSneakers Circuit Kathleen · Group Ex	
12:00-12:45 PM SilverSneakers Circuit Kathleen · Group Ex		12:00-12:45 PM SilverSneakers Circuit Diane · Group Ex			
		1:00-2:00 PM Chair Yoga Diane · Group Ex			
5:00-6:00 PM Barre Amber · Group Ex	5:00-5:55 PM BODYPUMP Dana · Group Ex	5:30-6:30 PM Cycle Marcy · Group Ex	5:00-5:55 PM HIGH Fitness Lindsey · Group Ex		
6:30-7:25 PM Zumba Alejandra · Group Ex	6:00-7:00 PM BODYCOMBAT Dana · Group Ex	6:30-7:25 PM Zumba Alejandra · Group Ex	6:00-7:00 PM BODYPUMP Laney · Group Ex		