



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

NORTHWEST YMCA

Effective May 3, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:45 AM BODYPUMP Jessica · Studio A	5:45-6:30 AM RPM Teri · Studio B	5:45-6:45 AM BODYPUMP Jessica · Studio A	5:45-6:30 AM RPM Kathy T. · Studio B		
	7:00-7:55 AM Yoga Jay · Studio A	8:15-9:15 AM Y Cycle Donna · Studio B	7:00-7:55 AM Yoga Jay · Studio A		
8:15-9:15 AM Y Cycle Donna · Studio B	8:15-9:15 AM Strength Koy · Studio A	9:15-9:30 AM Y Abs Donna · Studio B	8:15-9:15 AM BODYCOMBAT Becky · Studio A	8:15-9:15 AM Y Cycle Donna · Studio B	8:15-9:00 AM RPM Alissa · Studio B
9:15-9:30 AM Y Abs Donna · Studio B	9:30-10:30 AM Cardio Power Amy W. · Studio A	8:15-9:15 AM BODYPUMP Charity · Studio A	9:30-10:30 AM Cardio Power Amy W. · Studio A	8:15-9:00 AM Strength Express Koy · Studio A	9:15-10:15 AM BODYPUMP Charity · Studio A
9:30-10:30 AM BODYPUMP Charity · Studio A	10:45-11:45 AM SilverSneakers Classic Donna · Studio A	9:30-10:30 AM Zumba Amy W. · Studio A	10:45-11:45 AM SilverSneakers Circuit Donna · Studio A	9:30-10:30 AM Zumba Amy W. · Studio A	10:30-11:30 AM PiYo Charity · Studio A
10:45-11:45 AM Yoga Julie · Studio A	12:00-1:00 PM Fit for Life Donna · Studio A	10:45-11:45 AM Gentle Yoga Carole · Studio A	12:00-1:00 PM Fit for Life Donna · Studio A	10:45-11:45 AM Zumba Gold Amy W. · Studio A	
12:00-1:00 PM Young at Heart Donna · Studio A		12:00-1:00 PM Line Dance Laurie · Studio A		12:00-1:00 PM Tai Chi for Your Life Jay · Studio A	
5:00-6:00 PM BODYPUMP Kathy T. · Studio A	5:00-5:55 PM BODYCOMBAT Becky · Studio A	5:00-5:45 PM RPM Kathy T. · Studio B	5:00-5:55 PM PiYo Charity · Studio A		
5:30-6:15 PM Y Warrior Joyce T. · Studio B	6:00-7:00 PM PiYo Charity · Studio A	5:30-6:15 PM Y Warrior Joyce T. · Studio A	5:30-6:30 PM Double Step Koy · Studio B		
6:30-7:25 PM Zumba Lissette · Studio A		6:30-7:25 PM Zumba Lissette · Studio A	6:00-7:00 PM BODYPUMP Charity · Studio A		