the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule
Spring 2017
April 25th - June 6th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30AM-6:25AM **BOOTCAMP** Patricia	**5:30AM-6:25AM** SPINNING Vanessa	**5:30AM-6:25AM** **BODY DESIGN** Patricia		**7:15AM-8:15AM** **TABATA** Patricia	**8:00AM-9:00AM** LESMILLS BODYPUMP **Martina LESMILLS BODYATTACK™ **Cheryl
6:00AM-6:55AM SPINNING Vanessa				**6:00AM-6:55AM** **SpinCore** Vanessa	**8:30AM-9:30AM** **CARDIO CORE FUSION** Kara	
7:00AM-7:55AM SPINNING Rebecca	**7:00AM-7:45AM** LESMILLS BODYPUMP **EXPRESS** Gwen	**7:00AM-7:55AM** SPINNING Rebecca Vanessa	**7:00AM-7:45AM** LESMILLS BODYPUMP **EXPRESS** Gwen	**7:00AM-7:55AM** SPINNING Vanessa	**9:45AM-11:00AM** ZUMBA Kathy	**11:00AM-12:00PM** **YOGA** Sharon
8:00AM-8:55AM **AOA** Patricia	**8:00AM-8:55AM** **AOA** Patricia	**8:00AM-8:55AM** **AOA** **STRETCH-N-TONE** Patricia	**8:00AM-8:55AM** **AOA** Mary	**8:00AM-8:55AM** **AOA** **STRETCH-N-TONE** Denise		
9:00AM-9:55AM **KICKBOXING** Tish	**9:00AM-9:55AM** **STEP-N-DRILLS** Ana	**9:00AM-9:55AM** **H.I.I.T.** Ana	**9:00AM-9:55AM** **KICKBOXING** Cheryl	**9:00AM-9:55AM** **STRENGTH WORKS** Martina		
10:00AM-10:55AM ZUMBA Jenn	**10:00AM-10:45AM** **KICKBOX 45** Cheryl	**10:00AM-10:55AM** **YOGA** Lauren	**10:00AM-10:55AM** LESMILLS BODYPUMP Shelly	**10:00AM-10:55AM** **Vinyasa Yoga** Jessica		
11:00AM-11:55AM **SENIOR STRENGTH** Mary	**11:00AM-12:00PM** **DANCING WITH PARKINSON'S**	**11:00AM-12:00PM** **ADAPTED PHYSICAL ACTIVITY**	**11:00AM-12:00PM** **SENIOR STRENGTH** Mary			
12:00PM-12:55PM **YOGA** Lauren	**12:00PM-12:55PM** **CARDIO STRENGTH INTERVAL** Kyle	**12:00PM-12:55PM** LESMILLS BODYPUMP Martina	**12:00PM-12:45PM** **H.I.I.T. Express/ TABATA** **Shelly/Kim	**12:00PM-12:55PM** PiYO Julie		
4:00PM-4:45PM **INTRO YOUTH FITNESS 9-12YRS**	**4:00PM-5:00PM** **PRESCRIBE THE Y**		**4:00PM-5:00PM** **PRESCRIBE THE Y**			
5:30PM-6:25PM LESMILLS BODYPUMP Martina	**5:30PM-6:25PM** **CARDIO CORE FUSION** Kara	**5:30PM-6:25PM** **CARDIO BARRE** Kara	**5:30PM-6:25PM** **BODY BLAST** Dave	**5:30PM-6:25PM** ZUMBA Jenn/Gilda		
6:30PM-7:25PM ZUMBA Kathy	**6:30PM-7:25PM** **BODY BLAST** Dave	**6:30PM-7:25PM** **YOGA** Karen	**6:30PM-7:25PM** SPINNING Vanessa/Rebecca			

TREEHOUSE HOURS

MONDAY/WEDNESDAY/FRIDAY
8:30AM-1:15PM
4PM-7:30PM

TUESDAY/THURSDAY
8:30AM-1:15PM
4PM-7:45PM

SATURDAY
8:15AM-12:15PM

SPINNING
Limited to 13 participants-sign in at front desk to reserve a bike.

LESMILLS BODYPUMP LESMILLS BODYATTACK™

ZUMBA PiYO

Class size limited to 26 participants please sign in at front desk to reserve spot

SPECIALTY CLASS
separate registration and fee required at front desk

THURSDAY and SUNDAY have rotating classes/instructors
PLEASE DOWNLOAD OUR NEWPORT COUNTY YMCA APP TO STAY UP TO DATE ON SCHEDULE CHANGES

OFFSITE CLASSES:
TAICHI
SUNDAYS@8:00AM
2ND BEACH SURFERS END WITH DEB

Like us on Facebook

PLEASE DOWNLOAD OUR NEWPORT COUNTY YMCA APP TO STAY UP TO DATE ON SCHEDULE CHANGES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule
Spring 2017
April 25th - June 6th

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule
Spring 2017
April 25th - June 6th

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule
Spring 2017
April 25th - June 6th