

YMCA Group Fitness Classes

OCTOBER 2024

MORNING

Monday	5:00 – 6:00	Spin with Sara*
	7:00 – 8:00	Bar Strong
	9:00 – 10:00	Water Aerobics
	9:15 – 10:00	Silver Yoga
Tuesday	5:00 – 6:00	Spin with Sara*
	8:00 – 9:00	Dance Aerobics
	10:00 – 11:00	SilverSneakers® Classic
Wednesday	5:30 – 6:30	Senior Spin with Sara*
	8:00 – 9:00	Total Toning Blast
	9:00 – 10:00	Water Aerobics
	10:30 – 11:15	Silver Yoga
Thursday	5:00 – 6:00	Spin with Sara*
	8:00 – 9:00	Firming & Toning Circuit
Friday	5:00 – 6:00	Spin with Sara*
	7:00 – 8:00	Cardio Kickboxing
	9:00 – 10:00	Water Aerobics
	9:15 – 10:00	Silver Yoga
Saturday	8:00 – 8:45	Spin*
	9:00 – 10:00	Boot Camp
	10:15 – 11:15	Yoga
	11:15 – 11:45	Pilates

EVENING

Monday	5:15 – 6:15	Power Hour with Hannah
	5:30 – 6:30	Step & Sculpt with Jenn
	6:00 – 7:00	Water Aerobics
	6:30 – 7:30	Spin with Kim*
Tuesday	4:30 – 5:25	Spin with Ann*
	5:30 – 6:25	Yoga
	6:30 – 7:30	Spin with Jordan*
Wednesday	5:15 – 6:15	Power Hour with Hannah
	5:30 – 6:30	Boot Camp
	6:30 – 7:30	Spin with Nikki*
Thursday	5:15 – 6:20	Bar Strong
	6:00 – 7:00	Water Aerobics
	6:30 – 7:30	Spin with Lacy*

* Preregistration for SPIN is required

picktime.com

Clean shoes are required for all fitness classes!

Free for Y members