

GROUP EXERCISE & AQUATICS SCHEDULE

SUMMER I | JUNE 19-AUGUST 13



DOW BAY AREA FAMILY YMCA

You can participate in our FREE Group Exercise or Aquatic Exercise classes as a member. Reservation required for Spin Class only. Go to www.ymcabaycity.org/mobile-app to learn more about our mobile app and how to receive notifications about class changes and more!


MONDAY

Time	Class	Location	Instructor
5:30-6:30 AM	Breakfast Club Bootcamp	NW Court	Christine
8:30-9:15 AM	Waterworks	Pool	William
8:30-9:30 AM	Spinning	Lower Level	Linda
8:45-9:45 AM	LIT- Barre	Aerobics Studio	Monica
9:30-10:15 AM	Senior Splash	Pool	William
10:00-11:00 AM	Enhance Fitness	Aerobics Studio	Linda
5:30-6:30 PM	Spinning	Lower Level	Mary Eileen
5:30-6:30 PM	Bootcamp	NW Court	Jeff
5:30-6:30 PM	Zumba	Aerobics Studio	Amy
6:30-7:15 PM	Veva-cise	Pool	Veva

TUESDAY

Time	Class	Location	Instructor
5:00-6:00 AM	HIIT	NW Court	Shannon
8:00-9:00 AM	Guts & Glutes	Aerobics Studio	Shannon
8:30-9:15 AM	Aqua Fitness	Pool	Rob
9:00-10:00 AM	TRX- Suspension Training	NW Court	Andrea
9:30-10:15 AM	Active Older Adults (AOA)	Wenonah Park	Chuck
9:30-10:15 AM	Adaptive Aquatics Exercise	Pool	Rob
10:30-11:30 AM	Tai Chi For Health	Wenonah Park	Karl/Sandy
4:30-5:30 PM	HIIT	Aerobics Studio	Christine
5:30-6:30 PM	Spinning	Lower Level	Monica
5:45-6:45 PM	Yoga	Aerobics Studio	Karrey

The Dow Bay Area Family YMCA reserves the right to make changes to this schedule. For more info, visit www.ymcabaycity.org/aquatics or www.ymcabaycity.org/health-wellness/group-x

 Feet on the Street Class | Located at Wenonah Park as part of the Bay City Feet on the Street event. Join us outside under the pavillion!

DOW BAY AREA FAMILY YMCA

WEDNESDAY

Time	Class	Location	Instructor
5:30-6:30 AM	Breakfast Club Bootcamp	North Court	Christine
8:00-9:00 AM	Yoga	Wenonah Park	Lindsay
8:30-9:30 AM	Spinning	Lower Level	Linda
8:30-9:15 AM	Waterworks	Pool	Veva
9:00-9:45 AM	HIIT Bootcamp	Aerobics Studio	Andrea
9:30-10:15 AM	Senior Splash	Pool	Veva
10:00-11:00 AM	Enhance Fitness	Aerobics Studio	Linda
4:30-5:30 PM	Spinning	Lower Level	Mary Eileen
5:30-6:30 PM	Total Body Sculpt	NW Court	Christine
5:45-6:45 PM	Rhythmic Cycling	Lower Level	Jayben
6:30-7:45 PM	Tai Ji	Caroll Park	Greg

THURSDAY

Time	Class	Location	Instructor
5:00-6:00 AM	HIIT	North Court	Shannon
8:00-9:00 AM	LIT- Low Impact Training	Aerobics Studio	Shannon
8:30-9:15 AM	Aqua Fitness	Pool	Rob
9:00-10:00 AM	TRX- Suspension Training	NW Court	Andrea
9:30-10:15 AM	Active Older Adults (AOA)	Wenonah Park	Chuck
9:30-10:15 AM	Senior Splash	Pool	Rob
5:30-6:30 PM	TRX Bootcamp	NW Court	Jeff
5:30-6:30 PM	Zumba	Aerobics Studio	Brandy
6:00-7:00 PM	Spin and Sculpt	Lower Level	Sue
6:30-7:15 PM	Veva-cise	Pool	Veva

FRIDAY

Time	Class	Location	Instructor
5:30-6:30 AM	Breakfast Club Bootcamp	NW Court	Christine
8:30-9:30 AM	On the Ball	Aerobics Studio	Christine
8:30-9:15 AM	Waterworks	Pool	William
9:30-10:15 AM	Senior Splash	Pool	William
10:00-11:00 AM	Enhance Fitness	Aerobics Studio	Linda
5:30-6:30 PM	Yoga	Aerobics Studio	Karrey

SAT

Time	Class	Location	Instructor
7:30-8:30 AM	TRX Bootcamp	NW Court	Andrea
9:00-10:00 AM	Spinning	Lower Level	Sue
9:30-10:30 AM	Zumba	Aerobics Studio	Brandy

SUN

Time	Class	Location	Instructor
2:00-3:00 PM	Zumba	Aerobics Studio	Andrea T.