

GROUP EXERCISE & AQUATICS SCHEDULE

FALL II | OCTOBER 9-NOVEMBER 19



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.

MONDAY

| Time | Class | Location | Instructor |
|----------------|--------------------------|-----------------|-------------|
| 5:30-6:30 AM | Breakfast Club Bootcamp | NW Court | Christine |
| 8:30-9:15 AM | Waterworks | Pool | Anna |
| 8:30-9:30 AM | Spinning | Lower Level | Linda |
| 8:45-9:45 AM | LIT- Barre | Aerobics Studio | Monica |
| 9:00-10:00 AM | TRX- Suspension Training | NW Court | Andrea G. |
| 9:30-10:15 AM | Senior Splash | Pool | Anna |
| 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 |
| 9:30-10:15 AM | Active Older Adults (AOA) | Aerobics Studio | Chuck |
| 9:30-10:15 AM | Adapted Aquatics Exercise | Pool | Rob |
| 10:30-11:30 AM | Tai Chi For Health | Aerobics Studio | Karl/Sandy |
| 10:30-11:00 AM | Ai Chi | Pool | Rob |
| 5:30-6:30 PM | Spinning | Lower Level | Monica |
| 5:45-6:45 PM | Yoga | Aerobics Studio | Karrey |

WED

| Time | Class | Location | Instructor |
|--------------|-------------------------|-------------|------------|
| 5:15-6:00 AM | Spin Express | Lower Level | Molly |
| 5:30-6:30 AM | Breakfast Club Bootcamp | North Court | Christine |
| 8:30-9:30 AM | Spinning | Lower Level | Linda |

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

WEDNESDAY

| Time | Class | Location | Instructor |
|----------------|--------------------------|-----------------|--------------|
| 8:30-9:30 AM | Brazilian Dance Fitness | Aerobics Studio | Abigail/Eric |
| 8:30-9:15 AM | Waterworks | Pool | Veva |
| 9:00-10:00 AM | TRX- Suspension Training | NW Court | Andrea G. |
| 9:30-10:15 AM | Senior Splash | Pool | Veva |
| 10:00-11:00 AM | Enhance Fitness | Aerobics Studio | Linda |
| 4:00-5:00 PM | Step and Sculpt | Aerobics Studio | Jayben |
| 4:30-5:30 PM | Spinning | Lower Level | Mary Eileen |
| 5:30-6:30 PM | Total Body Sculpt | Aerobics Studio | Christine |
| 6:45-7:45 PM | Zumba | Aerobics Studio | Andrea T. |
| 7:45-8:45 PM | Cardio Drumming | Aerobics Studio | Jayben |

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 |
| 9:30-10:15 AM | Active Older Adults (AOA) | Aerobics Studio | Chuck |
| 9:30-10:15 AM | Adapted Aquatics Exercise | Pool | Rob |
| 4:30-5:30 PM | TRX Stretch | NW Court | Jeff |
| 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 |
| 6:45-8:00 PM | Tai Ji | Aerobics Studio | Greg |

FRIDAY

| Time | Class | Location | Instructor |
|----------------|-------------------------|-----------------|------------|
| 5:15-6:15 AM | Spinning | Lower Level | Monica |
| 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 G. |
| 9:00-10:00 AM | Spinning | Lower Level | Sue |
| 9:30-10:30 AM | Zumba | Aerobics Studio | Brandy |
| 11:00 AM-12:00 PM | Brazilian Dance Fitness | Aerobics Studio | Abigail/Eric |