

GROUP EXERCISE & AQUATICS SCHEDULE



WINTER MINI: NOVEMBER 27-DECEMBER 17

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	Will
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	Will
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
6:00-7:00 PM	Aqua Splash	Pool	Kristy

WED

Time	Class	Location	Instructor
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

DOW BAY AREA FAMILY YMCA

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	Cardio Sculpt	Aerobics Studio	Jayben
4:30-5:30 PM	Spinning	Lower Level	Mary Eileen
5:30-6:30 PM	Total Body Blast	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
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	North 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	Track	Andrea G.
9:00-10:00 AM	Spinning	Lower Level	Sue
9:30-10:30 AM	Zumba	Aerobics Studio	Brandy
10:45 AM-11:45 AM	Brazilian Dance Fitness	Aerobics Studio	Abigail/Eric

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