

GROUP EXERCISE & AQUATICS SCHEDULE

WINTER 2: JANUARY 2–FEBRUARY 17



DOW BAY AREA FAMILY YMCA

SUN

TIME	CLASS	LOCATION	INSTRUCTOR
9:30 AM–10:30 AM	Spin & Strength	Spin/ Aerobics Studio	Kara
12:30 PM–1:30 PM	Chair Yoga	Aerobics Studio	Gail
1:45 PM–2:45 PM	Hatha Yoga	Aerobics Studio	Gail

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
7:45 AM–8:45 AM	Step Up to the Barre	Aerobics Studio	Jessica
8:30 AM–9:15 AM	Waterworks	Pool	Anna
8:30 AM–9:30 AM	Spinning	Spin Studio (Lower Level)	Linda
8:45 AM–9:45 AM	PIYO	Aerobics Studio	Lyndsie
9:00 AM–10:00 AM	TRX- Suspension Training	NW Court (Upstairs)	Andrea G.
9:30 AM–10:15 AM	Senior Splash	Pool	Anna
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
11:30 AM–12:30 PM	Yoga Fundamentals	Aerobics Studio	Tom
5:30 PM–6:30 PM	Spinning	Spin Studio (Lower Level)	Mary Eileen
5:30 PM–6:30 PM	TRX Bootcamp	NW Court (Upstairs)	Jeff
5:30 PM–6:30 PM	Zumba	Aerobics Studio	Amy
6:30 PM–7:15 PM	Veva-cise	Pool	Veva
6:45 PM–7:45 PM	Brazilian Dance Fitness	Aerobics Studio	Abigail & Eric

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:00 AM–6:00 AM	HIIT	North Court (Upstairs)	Shannon
8:00 AM–9:00 AM	Guts & Glutes	Aerobics Studio	Shannon
8:30 AM–9:15 AM	Aqua Fitness	Pool	Abby
9:30 AM–10:30 AM	Active Older Adults (AOA)	Aerobics Studio	Chuck
9:30 AM–10:15 AM	Adapted Aquatics Exercise	Pool	Abby
10:30 AM–11:30 AM	Tai Chi For Health	Aerobics Studio	Karl
11:30 AM–12:00 PM	Bit of Fit	Aerobics Studio	Grace
12:00 PM–12:30 PM	Lunch Crunch	Aerobics Studio	Caroline
3:30 PM–4:30 PM	Mastering Mobility	Aerobics Studio	Caroline
5:30 PM–6:30 PM	Spinning	Spin Studio (Lower Level)	Monica
5:30 PM–6:45 PM	Yoga	Aerobics Studio	Karrey
5:30 PM–6:30 PM	Strength Bootcamp	NW Court (Upstairs)	Heidi
6:00 PM–7:00 PM	HydroRevolution	Pool	Orentheus

WED

TIME	CLASS	LOCATION	INSTRUCTOR
5:15 AM–6:15 AM	Spinning	Spin Studio (Lower Level)	Monica
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
8:00 AM–9:00 AM	Yoga Fundamentals	Aerobics Studio	Tom
8:30 AM–9:30 AM	Spinning	Spin Studio (Lower Level)	Mary-Eileen
8:30 AM–9:15 AM	Waterworks	Pool	Veva

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00 AM–10:00 AM	TRX- Suspension Training	NW Court (Upstairs)	Andrea G.
9:30 AM–10:15 AM	Senior Splash	Pool	Veva
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
11:15 AM–11:45 AM	Bit of Fit	Aerobics Studio	Grace
11:45 AM–12:45 PM	Just Peachy	Aerobics Studio	Jessica
4:30 PM–5:30 PM	Spinning	Spin Studio (Lower Level)	Mary Eileen
5:30 PM–6:30 PM	Total Body Blast	Aerobics Studio	Christine
6:30 PM–7:30 PM	Stop, Drop, Flow	Aerobics Studio	Caroline

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:00 AM–6:00 AM	HIIT	North Court (Upstairs)	Shannon
5:45 AM–6:45 AM	Pilates Remix	Aerobics Studio	Lyndsie
8:00 AM–9:00 AM	LIT- Low Impact Training	Aerobics Studio	Shannon
8:30 AM–9:15 AM	Aqua Fitness	Pool	Abby
9:30 AM–10:30 AM	Active Older Adults (AOA)	Aerobics Studio	Chuck
9:30 AM–10:15 AM	Adapted Aquatics Exercise	Pool	Abby
11:30 AM–12:00 PM	Lunch Crunch	Aerobics Studio	Caroline
12:15 PM–12:45 PM	Body Blitz	Aerobics Studio	Kara
5:30 PM–6:30 PM	TRX Bootcamp	NW Court (Upstairs)	Jeff
5:30 PM–6:30 PM	Zumba	Aerobics Studio	Brandy
6:00 PM–7:30 PM	Spin and Sculpt	Spin Studio (Lower Level)	Sue
6:30 PM–7:15 PM	Veva-cise	Pool	Veva
6:45 PM–7:45 PM	Stop Drop Flow	Aerobics Studio	Caroline
7:45 PM–8:45 PM	Samba de Gafieira and Forro	Aerobics Studio	Abigail & Eric

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:15 AM–6:15 AM	Spinning	Spin Studio (Lower Level)	Monica
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
8:30 AM–9:30 AM	On the Ball	Aerobics Studio	Christine
8:30 AM–9:15 AM	Waterworks	Pool	TBD
9:30 AM–10:15 AM	Senior Splash	Pool	TBD
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
11:15 AM–12:15 PM	Active Older Adults (AOA)	Aerobics Studio	Caroline
12:15 PM–12:45 PM	Spin Express	Spin Studio (Lower Level)	Kara
5:30 PM–6:30 PM	Yoga	Aerobics Studio	Karrey
5:30 PM–6:30 PM	Little Fry Friday	NW Court (Upstairs)	Grace

SAT

TIME	CLASS	LOCATION	INSTRUCTOR
7:15 AM–8:00 AM	Pilates Remix	Aerobics Studio	Christine
7:30 AM–8:30 AM	TRX Bootcamp	NW Court (Upstairs)	Heidi
8:15 AM–9:15 AM	Cardio Sculpt	Aerobics Studio	Jayben
9:00 AM–10:00 AM	Spinning	Spin Studio (Lower Level)	Sue
9:30 AM–10:30 AM	Zumba	Aerobics Studio	Brandy
10:45 AM–11:45 AM	Brazilian Dance Fitness	Aerobics Studio	Abigail & Eric