

GROUP EXERCISE SCHEDULE

FALL 1: SEPTEMBER 7–OCTOBER 25



MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
8:30 AM–9:30 AM	Cycling	Lower Level Studio	Linda
8:30 AM–9:30 AM	PIYO	Aerobics Studio	Lyndsie
9:00 AM–10:00 AM	TRX– Suspension Training	TRX Studio (Upstairs)	Andrea G.
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
12:15 PM–12:45 PM	Core & More	Aerobics Studio	Karen
1:00 PM–2:00 PM	Mastering Mobility	Aerobics Studio	Caroline
2:30 PM–3:30 PM	Chair Mobility	Aerobics Studio	Caroline
4:00 PM–5:00 PM	Drenched	Aerobics Studio	Karen
5:30 PM–6:30 PM	Cycling	Lower Level Studio	Mary Eileen
5:30 PM–6:30 PM	TRX Bootcamp	TRX Studio (Upstairs)	Jeff
5:30 PM–6:30 PM	Zumba	Aerobics Studio	Amy
6:45 PM–7:45 PM	Slow Flow Hatha Yoga	Aerobics Studio	Gail

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:00 AM–6:00 AM	HIIT The Ground Running	NW Court (Upstairs)	Christine
8:00 AM–9:00 AM	Guts & Glutes	Aerobics Studio	Shannon
8:30 AM–9:30 AM	Cycle & Core	Lower Level Studio	Karen
9:30 AM–10:30 AM	Active Older Adults (AOA)	Aerobics Studio	Chuck
10:30 AM–11:30 AM	Tai Chi For Health & Balance	Aerobics Studio	Dr. Greg
12:15 PM–12:45 PM	Body Blitz Circuits	Aerobics Studio	Kara
5:30 PM–6:30 PM	Yoga	Aerobics Studio	Karrey
5:30 PM–6:30 PM	Strength Bootcamp	TRX Studio (Upstairs)	Heidi
6:45 PM–7:45 PM	SHINE Dance Fitness	Aerobics Studio	Jody

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
7:45 AM–8:45 AM	EZ's Strength Fusion	TRX Studio (Upstairs)	Elijah
8:00 AM–9:00 AM	Yoga Fundamentals	Aerobics Studio	Tom
8:30 AM–9:30 AM	Cycling	Lower Level Studio	Mary-Eileen
9:00 AM–10:00 AM	TRX– Suspension Training	TRX Studio (Upstairs)	Andrea G.
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
12:15 PM–12:45 PM	Cycle Express	Lower Level Studio	Karen
1:00 PM–2:00 PM	Mastering Mobility	Aerobics Studio	Caroline
4:30 PM–5:30 PM	Cycling	Lower Level Studio	Mary-Eileen

The Dow Bay Area Family YMCA reserves the right to make changes to this schedule.

 = New class, time, instructor, or location change

WED

TIME	CLASS	LOCATION	INSTRUCTOR
5:30 PM–6:30 PM	Total Body Blast	Aerobics Studio	Christine
6:30 PM–7:15 PM	Tai Chi	Aerobics Studio	Dr. Greg
7:15 PM–8:00 PM	Advanced Tai Chi	Aerobics Studio	Dr. Greg

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:00 AM–6:00 AM	HIIT Training	NW Court	Annika
5:30 AM–6:30 AM	Cycle/Strength	Lower Level Studio	Karen
5:45 AM–6:45 AM	Rhythm Pilates	Aerobics Studio	Lyndsie
8:00 AM–9:00 AM	Cardio+Sculpt	Aerobics Studio	Heidi
9:00 AM–10:00 AM	Cycle & Strength	Lower Level Studio	Karen
9:30 AM–10:30 AM	Active Older Adults (AOA)	Aerobics Studio	Chuck
12:15 PM–12:45 PM	Power 30	Aerobics Studio	Karen
5:30 PM–6:30 PM	TRX Bootcamp	TRX Studio (Upstairs)	Jeff
5:30 PM–6:30 PM	Zumba	Aerobics Studio	Brandy
6:00 PM–7:00 PM	Cycling	Lower Level Studio	Sue
6:45 PM–7:45 PM	SHINE Dance Fitness	Aerobics Studio	Jody

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:15 AM–6:15 AM	Cycling	Lower Level Studio	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
9:00 AM–10:00 AM	Power Circuit	TRX Studio	Makayla
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
11:30 AM–12:30 PM	Intermediate Mastering Mobility	Aerobics Studio	Caroline
5:30 PM–6:30 PM	Hatha Flow Yoga	Aerobics Studio	Cindy

SAT

TIME	CLASS	LOCATION	INSTRUCTOR
7:15 AM–8:00 AM	Pilates Remix	Aerobics Studio	Christine
8:00 AM–9:00 AM	Saturday Sweat Sesh	TRX Studio (Upstairs)	Heidi
9:00 AM–10:00 AM	Cycling	Lower Level Studio	Sue
9:30 AM–10:30 AM	Zumba	Aerobics Studio	Brandy
11:00 AM–12:00 PM	Hatha Flow Yoga	Aerobics Studio	Cindy
2:00 PM–3:00 PM	Strength & Shred	Aerobics Studio	Annika

SUN

TIME	CLASS	LOCATION	INSTRUCTOR
9:30 AM–10:30 AM	Strength Circuit	Aerobics Studio	Annika