



HEALTHY LIVING

Group Exercise Schedule

Thanksgiving Week: November 20 – 26, 2017

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY 11/20				THURSDAY 11/23			
Time	Class	Instructor	Location	Time	Class	Instructor	Location
6:30-7:30am	Get Started	Anne	Studio 2	<p style="text-align: center;"><u>Special Thanksgiving Class!</u> 8:30am-9:30am BodyPump/HIIT with Atije</p> <p style="text-align: center;">Happy Thanksgiving! YMCA Building Open 7am – 12noon</p>			
9:15-10:00am	Kick Fusion	Andrea	Studio 2				
10:00-10:30am	Core N More	Andrea	Studio 1				
10:00-10:45am	Zumba Gold	Kelli	Studio 2				
11:15-12:15pm	SS Yoga	Lisa	Studio 2				
5:30-6:15pm	WERQ	LaTanya	Studio 2				
6:15-6:45pm	Family Yoga**	Diana	Studio 1				
6:30-7:30pm	BodyPump/HITT	Atije	Studio 2				
7:00-8:00pm	Yoga	Diana	Studio 1				
TUESDAY 11/21				FRIDAY 11/24			
Time	Class	Instructor	Location	Time	Class	Instructor	Location
7:30-8:00am	Morning Madness	Kathy	Studio 2	6:30-7:30am	Get Started	Anne	Studio 2
8:15-8:45am	Tai Chi	Kathy	Studio 2	<p style="text-align: center;"><u>CLASSES CANCELLED TODAY:</u> Cardio Blitz at 9:15am Core N More at 10:00am Zumba Gold at 10:00am Zumba at 6:30pm</p> <p style="text-align: center;">* Highlighted boxes are paid drop-in classes or pay for FitPlus and take all classes on the schedule. Please register for classes at the front desk. The Y reserves the right to cancel classes due to low enrollment, and may change instructors when necessary.</p>			
9:15-10:00am	Spin	Lisa	Studio 1				
9:30-10:15am	SS Circuit	Kelli	Studio 2				
10:15-10:45am	Barre None	Lisa	Studio 1				
10:25-11:05am	SS Classic	Kelli	Studio 2				
5:30-6:25pm	Spin	Tim	Studio 1				
5:30-6:15pm	Power Yoga	Amy	Studio 2				
6:30-7:00pm	X Press	Jamie	Studio 1				
7:15-8:15pm	Zumba**	Kelli	Studio 2				
WEDNESDAY 11/22				SATURDAY 11/25			
Time	Class	Instructor	Location	Time	Class	Instructor	Location
6:30-7:30am	Get Started	Anne	Studio 2	7:10-7:55am	Yoga Mix	Jim	Studio 2
8:45-9:15am	SS Yoga	Lisa	Studio 2	8:00-8:45am	Spin	Jim	Studio 1
9:15-10:00am	Tabata	Samantha	Studio 1	9:00-10:00am	Body Pump	Atije	Studio 2
9:30-10:00am	PoundFit	Kelli	Studio 2	10:15-11:00am	Zumba**	Kelli	Studio 2
10:00-10:45am	Zumba Gold	Kelli	Studio 2	<p style="text-align: center;"><u>CLASSES CANCELLED TODAY:</u> BollyX at 8:00am and 11:00am PoundFit at 11:40am</p>			
11:15-12:15pm	SS Yoga	Lisa	Studio 2				
6:00-7:00pm	Yoga	Diana	Studio 1				
<p style="text-align: center;"><u>CLASSES CANCELLED TODAY:</u> Zumba Tone at 6:30pm MixedFit at 7:30pm</p>							
				SUNDAY 11/26			
<p style="text-align: center;">**Family classes, children welcome to participate with a parent. Members only.</p>				Time	Class	Instructor	Location
				8:30-9:00am	X-Press	Atije	Studio 1
				<p style="text-align: center;"><u>CLASSES CANCELLED TODAY:</u> 8:30am Vinyasa Yoga 10:00am Yin Yoga</p>			