



Campanelli YMCA

GROUP EXERCISE FITNESS SCHEDULE

Summer Session: June 3 - August 12, 2018

| MONDAY | | | |
|------------------------|--------------------|------------|----------|
| Time | Class | Instructor | Location |
| Morning Classes | | | |
| 6:30 - 7:30 am | Get Started | Anne | Studio 2 |
| 9:15 - 10:00 am | Kick Fusion | Andrea | Studio 2 |
| 10:00 - 10:30 am | Core N More | Andrea | Studio 1 |
| 10:00 - 10:45 am | Zumba Gold | Kelli | Studio 2 |
| 11:15 - 12:15 am | SS Yoga (Waitlist) | Lisa | Studio 2 |
| Evening Classes | | | |
| 6:15 - 6:45 pm | Family Yoga** | Diana | Studio 1 |
| 6:30 - 7:30 pm | BodyPump/HIIT | Atije | Studio 2 |
| 7:00 - 8:00 pm | Yoga | Diana | Studio 1 |

| TUESDAY | | | |
|------------------------|-----------------|------------|----------|
| Time | Class | Instructor | Location |
| Morning Classes | | | |
| 7:30 - 8:00 am | Morning Madness | Kathy | Studio 2 |
| 8:15 - 8:45 am | Tai Chi | Kathy | Studio 2 |
| 9:15 - 10:00 am | Spin | Lisa | Studio 1 |
| 9:30 - 10:15 am | SS Circuit | Kelli | Studio 2 |
| 10:15 - 10:45 am | Barre None | Lisa | Studio 1 |
| 10:25 - 11:05 am | SS Classic | Kelli | Studio 2 |
| Evening Classes | | | |
| 5:30 - 6:25 pm | Spin | Tim | Studio 1 |
| 5:30 - 6:15 pm | Power Yoga | Amy | Studio 2 |
| 6:30 - 7:00 pm | X-Press | Jamie | Studio 2 |
| 7:15 - 8:15 pm | Zumba** | Kelli | Studio 2 |

| WEDNESDAY | | | |
|------------------------|--------------------|------------|----------|
| Time | Class | Instructor | Location |
| Morning Classes | | | |
| 6:30 - 7:30 am | Get Started | Anne | Studio 2 |
| 8:45 - 9:15 am | SS Yoga | Lisa | Studio 2 |
| 9:15 - 10:00 am | Tabata | Samantha | Studio 1 |
| 9:30 - 10:00 am | PoundFit | Kelli | Studio 2 |
| 10:00 - 10:45 am | Zumba Gold | Kelli | Studio 2 |
| 11:15 - 12:15 am | SS Yoga (Waitlist) | Lisa | Studio 2 |
| Evening Classes | | | |
| 6:00 - 7:00 pm | Yoga | Diana | Studio 1 |
| 6:30 - 7:30 pm | Zumba Toning | Jacque | Studio 2 |
| 7:30 - 8:00 pm | MixedFit | Jacque | Studio 2 |

| THURSDAY | | | |
|------------------------|-----------------|--------------|----------|
| Time | Class | Instructor | Location |
| Morning Classes | | | |
| 7:30 - 8:00 am | Morning Madness | Kathy | Studio 2 |
| 8:15 - 8:45 am | Tai Chi | Kathy | Studio 2 |
| 9:15 - 10:00 am | Spin | Lisa/Tiffany | Studio 1 |
| 9:30 - 10:15 am | SS Circuit | Kelli | Studio 2 |
| 10:15 - 10:45 am | Flex | Lisa/Andrea | Studio 1 |
| 10:25 - 11:05 am | SS Classic | Kelli | Studio 2 |
| Evening Classes | | | |
| 5:30 - 6:15 pm | Spin | Tim | Studio 1 |
| 6:00 - 7:00 pm | BodyPump/HIIT | Jamie | Studio 2 |
| 7:15 - 8:15 pm | Zumba** | Kelli | Studio 2 |

| FRIDAY | | | |
|------------------------|--------------|------------|----------|
| Time | Class | Instructor | Location |
| Morning Classes | | | |
| 6:30 - 7:30 am | Get Started | Anne | Studio 2 |
| 9:15 - 10:00 am | Cardio Blitz | Andrea | Studio 2 |
| 10:00 - 10:30 am | Core N More | Andrea | Studio 1 |
| 10:00 - 10:45 am | Zumba Gold | Kelli | Studio 2 |
| Evening Classes | | | |
| 6:30 - 7:30 pm | Zumba** | Caryn | Studio 2 |

| SATURDAY | | | |
|------------------|----------|------------|----------|
| Time | Class | Instructor | Location |
| 7:10 - 8:10 am | Yoga Mix | Lisa/Jim | Studio 2 |
| 8:15 - 9:00 am | Spin | Lisa/Jim | Studio 1 |
| 9:00 - 10:00 am | BodyPump | Atije | Studio 2 |
| 10:15 - 11:00 am | Zumba** | Kelli | Studio 2 |

| SUNDAY | | | |
|------------------|--------------|------------|----------|
| Time | Class | Instructor | Location |
| 8:30 - 9:00 am | X-Press | Atije | Studio 1 |
| 8:30 - 9:30 am | Vinyasa Yoga | Amy | Studio 2 |
| 10:00 - 11:00 am | Yin Yoga | Megan | Studio 2 |

***HIGHLIGHTED BOXES** are PAID PREMIUM classes. Drop-in fees: Members: \$6/per class | Community: \$9/per class. Members can also sign up for the Y's "FitPlus" program for an additional \$20 per adult, per month and take all classes. 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.

****FAMILY CLASSES.** Children are welcome to participate with a parent. Members only.