



Campanelli YMCA

GROUP EXERCISE FITNESS SCHEDULE

November 25, 2018—December 14, 2018

MONDAY			
Time	Class	Instructor	Location
Morning Classes			
6:30 - 7:30 am	Get Started	Anne	Studio 2
9:15 - 10:00 am	Blast	Andrea	Studio 2
10:00 - 10:30 am	Flex	Andrea	Studio 1
10:00 - 10:45 am	Zumba Gold	Kelli	Studio 2
11:15 - 12:15 am	SS Yoga	Diana	Studio 2
Evening Classes			
6:15 - 6:45 pm	Family Yoga**	Diana	Studio 1
6:30 - 7:30 pm	BodyPump	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	Tiffany	Studio 1
9:30 - 10:15 am	SS Circuit	Kelli	Studio 2
10:15 - 10:45 am	H.I.I.T.	Tiffany	Studio 1
Evening Classes			
5:30 - 6:25 pm	Spin	Tim	Studio 1
5:30 - 6:15 pm	Hatha Flow Express	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	Diana	Studio 2
9:15-10:00am	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	Diana	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	Andrea/Tiffany	Studio 1
9:30 - 10:15 am	SS Circuit	Kelli	Studio 2
10:15 - 10:45 am	Flex	Andrea	Studio 1
Evening Classes			
5:30 - 6:15 pm	Spin	Tim	Studio 1
6:00 - 6:30 pm	BodyPump Express	Jamie	Studio 2
6:40-7:10 pm	HIIT Express	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
8:15 - 9:00 am	Spin	Jim/Tricia	Studio 1
8:15-9:00AM	BollyX	LaTanya	Studio 2
9:00 - 10:00 am	BodyPump	Atije	Studio 2
10:15 - 11:00 am	Zumba**	Caryn	Studio 2
11:30-12:00pm	Kids Yoga**	Jennifer	Studio 1

SUNDAY			
Time	Class	Instructor	Location
8:30 - 9:00 am	X-Press	Jamie	Studio 1
8:30 - 9:45 am	Vinyasa Yoga	Amy	Studio 2
10:00 - 11:15 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. **Kids Yoga is a \$5 Drop In Fee.