Campanelli YMCA
GROUP EXERCISE FITNESS SCHEDULE
April 14, 2019 to June 1, 2019

Monday					**Thursday**			
Time	Class	Instructor	Location		Time	Class	Instructor	Location
	Morning Classes					Morning Classes		
6:30 am - 7:30	Get Started	Anne	Studio 2		7:30 am - 8:00	Morning Madness	Kathy	Studio 2
9:15 am - 10:00	Blast	Andrea	Studio 2		8:15 am - 8:45	Tai Chi	Kathy	Studio 2
10:00 am - 10:30	Stretch Relief	Andrea	Studio 1		9:15 am - 10:00	Spin	Andrea/Tiffany	Studio 1
10:00 am - 10:30	Beginner's Zumba	Kelli	Studio 2		9:30 am - 10:15	SS Circuit	Kelli	Studio 2
10:30 am - 11:15	Zumba Gold	Kelli	Studio 2		10:15 am - 10:45	Stretch Relief	Andrea	Studio 1
11:25 am - 12:25 pm	Silver Sneakers Yoga	Diana	Studio 2		10:25 am - 11:00	SS Circuit	Kelli	Studio 2
	Evening Classes					Evening Classes		
6:15 pm - 6:45	Family Yoga**	Diana	Studio 1		3:30 pm - 4:30	Parkinson's Spin	Tim	Studio 1
6:30 pm - 7:30	Body Pump	Atije	Studio 2		5:30 pm - 6:15	Spin	Tim	Studio 1
7:00 pm - 8:00	Yoga	Diana	Studio 1		6:15 pm - 7:15	BodyPump HIIT	Jamie	Studio 2
Tuesday					7:30 pm - 8:15	Deep Stretch	Jim	Studio 2
Time	Class	Instructor	Location		**Friday**			
	Morning Classes				Time	Class	Instructor	Location
7:30 am - 8:00	Morning Madness	Kathy	Studio 2			Morning Classes		
8:15 am - 8:45	Tai Chi	Kathy	Studio 2		6:30 am - 7:30	Get Started	Anne	Studio 2
9:15 am - 10:00	Spin	Tiffany	Studio 1		9:00 am - 9:45	Deep Stretch	Jim	Studio 1
9:30 am - 10:15	SS Circuit	Kelli	Studio 2		9:15 am - 10:00	Cardio Blitz	Andrea	Studio 2
10:15 am - 10:45	H.I.I.T.	Tiffany	Studio 1		10:00 am - 10:30	Core N More	Andrea	Studio 1
10:25 am - 11:00	SS Circuit	Kelli	Studio 2		10:00 am - 10:30	Beginner's Zumba	Kelli	Studio 2
	Evening Classes				10:30 am - 11:15	Zumba Gold	Kelli	Studio 2
3:30 pm - 4:30	Parkinson's Spin	Tim	Studio 1		11:25 am - 12:25 pm	Silver Sneakers Yoga	Diana	Studio 2
5:30 pm - 6:25	Spin	Tim	Studio 1			Evening Classes		
6:30 pm - 7:00	X - Press	Jamie	Studio 2		6:30 pm - 7:30	Zumba	Caryn	Studio 2
Wednesday					**Saturday**			
Time	Class	Instructor	Location		Time	Class	Instructor	Location
	Morning Classes				8:00 am - 9:00	Spin	Tricia	Studio 1
6:30 am - 7:30	Get Started	Anne	Studio 2		8:00 am - 8:45	BollyX	LaTanya	Studio 2
9:15 am - 10:00	Total Body Tabata	Tiffany	Studio 1		9:00 am - 10:00	Body Pump	Atije	Studio 2
9:30 am - 10:00	Pound Fit	Kelli	Studio 2		10:15 am - 11:15	Zumba	Caryn	Studio 2
10:15 am - 11:00	Zumba Gold	Kelli	Studio 2		11:30 am - 12:00 pm	Kids Yoga**	Jennifer	Studio 1
10:15 am - 10:45	Spin Express	Tiffany	Studio 1		**Sunday**			
11:15 am - 12:15 pm	Silver Sneakers Yoga	Diana	Studio 2		Time	Class	Instructor	Location
	Evening Classes				8:30 am - 9:00	X - Press	Jamie	Studio 1
6:00 pm - 7:00	Yoga	Diana	Studio 1		8:30 am - 9:45	Vinyasa Yoga	Amy	Studio 2
6:30 pm - 7:30	Zumba Toning	Jacquie	Studio 2		10:00 am - 11:15	Yin Yoga	Megan	Studio 2
7:30 pm - 7:00	MixxedFit	Jacquie	Studio 2					

**Highlighted Boxes are PAID PREMIUM classes. Drop-in Fees: Memebers $6 per class: Community: $9 per class.

Members can alo sign up for the Y's "FitPlus" program for an additional $20 per adult per month and take all classes.

Please reister for classes at the front desk. The Y reserves the right to cancel classes due to low enrollment, and may changes instructors when necessary.