

GROUP FITNESS SCHEDULE

FALL 2017

www.itascayfitnessclasses.wordpress.com

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle
5:30-6:15 Strength Jennie	5:40-6:30 YOGA Shirley/ Heather		5:45-6:30 HIIT Cindy/Bri	5:45-6:45 TRX Petra	5:45-6:45 Cycle/Lift Beth	5:45-6:30 STEP Lisa H.		5:45-6:30 Cycle Express Candy	5:45-6:30 POUND@ Angela/Candy	5:45-6:45 TRX Beth M.		5:45-6:30 Yoga Katie	5:30-6:30 Cycle Mix Up Jennie				
6:40-7:15 Break. Club Heidi						6:40-7:15 Break. Club Len						6:30-7:15 Break. Club Heidi					
8-8:55 Strength Joni	8:10-9:10 Yoga Abbey		8:10-8:55 Kettlebells Beth J.			8:10-8:55 Core/Strength Kris			8:10-8:55 Kettlebells Beth J.			8-8:55 BootCamp Amber			8:00-9 INSANITY@ Beth		
9-10:10 Step/Strength Kris		9-10:00 Cycle Joni	9-10:00 CardioKick Lisa M.	9:30-10:00 AOA TRX Beth Joki	9-10:00 Cycle Yoga Kris	9-10:10 Step/Strength Kris			9-10:00 HIIT Lisa M.	9-10:00 TRX Beth Joki	9-10:00 Cycle Janessa	9:00-10:10 Yoga Kris		9:00-10:00 Cycle/HIIT Strength Joni	9:10-10:10 Cardio Jam Rotation	9:30-12pm Judo	9:30-11:30 Tai Chi Mike Veterans Park#
10:15-11 Cardio Lift Sarah			10:15-11 Flex/Strength Beth Joki		10:15-11:45 LS @ the YMCA	10:15-11 Cardio Lift Kristin			10:15-11 Flex/Strength Beth Joki		10:15-11:45 LS @ the YMCA	10:15-11:00 Cardio Lift Kris/Angie			10:30-12:00 Power Yoga Jess		
11:15-12 SS Classic Katie			11:15-12 Chair Yoga Katie/Sarah			11:15-12 SS Classic Beth			11:15-12:00 Tai Chi Kris/Janessa				11:15-12:00 SS Circuit Beth				
12:15-1 HIIT Strength Ashley	12:00-1:00 SANE \$					12:15-1 Barbell Janessa	12:00-1:00 SANE \$		12:15-1:00 Yoga Katie			12:15-1:00 Strength Amber					
2-3:30 Line Dancing																	
Youth Class 3:40-4pm Lifting 4-4:20 POUND *				3:45-5:00 Teen SANE \$		Youth Class 3:30-4:15 Circuit *					3:45-5:00 Teen SANE \$						
4:30-5:15 CardioKick Becky	4:30-5:15 TRX Beth M.		4:15-5:10 Circuit Jody			4:30-5:10 POUND@ Angela/Candy	4:30-5:15 Strength Joni		4:15-5:10 Step Beth M.			4:30-5:15 CardioKick Becky					
5:30-6:30 Barbell/Core Fushion Beth		5:15-6:15 Cycle Mix Up Christopher	5:15-6:25 Yoga Rotation			6:00-7:00 Circuit Petra		5:30-7:30 Tai Chi Mike Veterans Park#	5:15-6:25 Yoga Nita	5:00-5:45 TRX Amber		5:30-6:30 ZUMBA® JAM 2nd Friday of each month					
			6:30-7:30 Prenatal Yoga \$	6:30-8:00 Advanced Karate													

\$ Fee Based Class and pre-registration required at the Membership Desk

TRX - First 10 people to class guaranteed a TRX strap. CYCLE - 8 Bikes are available on a first come first serve basis.

* Youth Classes require a Code of Conduct to be signed by Adult & Youth prior to attending ages 8-13 years

S.A.N.E. \$ - 12 Week Wellness Journey, Age 18-55; Fee Based and must register at the Membership desk.

CLASS CHANGES/CANCELLATIONS POSTED ON THE BLOG & FACEBOOK/SIGN UP FOR MOBILE TEXT ALERTS

LS at the YMCA - LIVESTRONG® at the YMCA is a 12 week FREE cancer survivor program & preregistration is required.

Tai Chi with Mike at Veteran's Park weather permitting

Note: We reserve the right to change/cancel classes due to instructor availability or low class attendance.