

GROUP EXERCISE SCHEDULE (LIVE AND VIRTUAL)

SEPTEMBER 8–OCTOBER 3

MONDAY		STUDIO	
5:15-6:15am	XFIT LAB	C	Ang O./Ang S.
5:30-6:15am	Barbell	B	Jennie
5:40-6:30am	Early Morning Yoga	A	Shirley/Heather
6:35-7:15am	Step & Stretch	A	Heidi
8:00-8:45am	Joni's Strength Class	A	Joni
8:30-9:15am	Aquacise	Pool	Gretchen
9:00-10:00am	Outdoor Cycle #	#	Joni (until Oct 1st)
9:15-10am	Kris' Step Class	A	Kris
9:15-10am	Water Restore	Pool	Bernie
10:15-11:00am	Cardio Lift	A	Tami
11:15-12:00pm	SilverSneakers	A	Tami
12:15-1pm	POP Pilates®	A	Naesa/Kisha
4:30-5:15pm	CardioKick	A	Becky
5:15-6:00pm	Cycle Express	B	Christopher
5:20-6:20	AQUA Zumba®	POOL	Angela
5:30-6:00pm	POP Pilates®	A	Kisha

TUESDAY		STUDIO	
5:45-6:45am	TRX	B	Petra
8:00-8:45am	Kettlebells	A	Beth Joki
9:00-10:00am	TRX	B	Joki
9:15-10:00am	CardioKick/Weighted Bar	A	Lisa M.
10:15-11am	Flex Strength	A&B	Beth Joki
11:15-12pm	Chair Yoga	A	Katie
4:30-5:15pm	Strength	A	Amber
5:00-5:45pm	Cycle/HIIT	B	Cindy
5:30-6:30pm	Evening Yoga	A	Katie/Nita

WEDNESDAY		STUDIO	
5:15-6:15am	XFIT LAB	C	Ang O./Ang S.
5:45-6:30am	Step	A	Lisa H.
5:45-6:30am	Cycle Express	B	Patty/Heather
6:35-7:15am	Royally Fit	A	Bob
8:00-8:45am	Strength	A	Beth
9:00-9:45am	Water Restore	Pool	Bernie
9:15-10:00am	Kris' Step Class	A	Kris
10:15-11am	Cardio Lift	A	Kristin
11:15-12:00pm	SilverSneakers	A	Beth
12:15-1pm	HIIT	A	Bri
4:00-4:45pm	Deep Water Tabata	Pool	Ruth/Maureen
4:30-5:15pm	Kettlebells	A	Heather
4:30-5:15pm	POUND®	B	Ang/Ang/Candy
5:30-6:30pm	Strong Nation™	A	Angela O.
6:30-7:30pm	BOX Fit	B	Chris M.

ALL CLASSES ARE OFFERED AT THE YMCA. LIMITED SPOTS AVAILABLE

This symbol signifies that this class is also offered virtually through Vagaro/Zoom.
To have access to virtual contact Kris Bolin at kbolin@ymcaitasca.org

*** ON SITE group fitness classes now require a reservation. Please go to our website, www.ymcaitasca.org, hover over the Covid-19 tab select Make a Reservation and choose the class. This is new for us, so please be patient as we work out all the details.**

THURSDAY		STUDIO	
5:45-6:45am	TRX	B	Petra
8:00-8:45am	Kettlebells	A	Beth Joki
9:15-10:00am	Cardio Jam	A	Lisa M.
9:00-10:00am	TRX	B	Beth Joki
10:15-11:00am	Flex Strength	A&B	Beth Joki
11:15-12pm	Balance Tai Chi	A	Kris
4:30-5:15pm	Step/Weighted Bar	A	Kris
5:00-6:00pm	Cycle/TRX/Foam	B	Amber

FRIDAY		STUDIO	
5:15-6:15am	XFIT LAB	C	Ang O./Ang S.
5:30-6:15am	Cycle/Strength	B	Jennie
5:40-6:30am	Early Morning Yoga	A	Katie
6:35-7:15am	Step & Stretch	A	Heidi
8:00-8:45am	Strength	A	Kris (Until Oct 2nd)
8:00-9:00am	Outside Bootcamp	Shed	Amber (Until Oct 2nd)
8:30-9:15am	Aquacise	Pool	Beth
9:00-10:00am	Cycle/HIIT	B	Joni
9:00-10:00am	Gentle Yoga	A	Kris
9:15-10am	Water Restore	Pool	Bernie
10:15-11:00am	Cardio Lift	A	Kris/Angie
10:30-11:15am	AOA TRX	B	Joki
11:15-12pm	SilverSneakers	A	Katie

SATURDAY		STUDIO	
7:15-8:00am	Cycle Express(10/3)	B	Rotation(Starts Oct 3)
8:00-9:00am	INSANE	A	Beth M.
8:15-9:15am	BOX Fit	B	Chris M.
9:15-10:00am	Cardio Jam	A	Rotation
10:15-11:15am	Yoga-Starts Oct 3	A	Nita (Starts Oct 3)
9:30-11:00am	Adult Judo	B	
11:00-12:30pm	Youth Judo	B	



Due to Covid-19, group fitness class participants must provide their own workout mat/yoga mat. The Y can no longer provide them. Also, don't forget the water bottle!

OUTDOOR CYCLE and OUTDOOR BOOTCAMP will be held on South side of building in parking lot. Please bring a sweat towel and water bottle. Class will be cancelled if raining.

For Group Fitness Class Updates via TEXT messaging contact Kris Bolin at kbolin@ymcaitasca.org or stop at membership desk and fill out form.