



# SUMMER I SESSION GROUP EXERCISE SCHEDULE

## STUDIO A

## SPRING SESSION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>LES MILLS VIRTUAL</b> 5:00am-5:50am Member-led <b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine <b>LES MILLS VIRTUAL</b> 8:25am-9:25am Member-led		<b>LES MILLS VIRTUAL</b> 5:00am-5:50am Member-led <b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine <b>LES MILLS VIRTUAL</b> 8:25am-9:25am Member-led		<b>LES MILLS VIRTUAL</b> 5:00am-5:50am Member-led <b>POWER HOUR CYCLE</b> 6:00am-7:00am Justine <b>LES MILLS VIRTUAL</b> 8:25am-9:25am Member-led	<b>CYCLE FIT</b> 7:45am-8:45am Justine <b>BODYPUMP</b> 9:00am-10:10am Susan
	<b>BODYPUMP</b> 7:15pm-8:00pm Susan		<b>DANCE2FIT</b> 6:00pm-7:00pm Missy	<b>BODYPUMP</b> 7:15pm-8:00pm Susan		

## STUDIO B

## SPRING SESSION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>YOGA</b> 6:00am-7:00am Carole <b>YOGALATES INFUSION</b> 9:00am-9:50am Maggie <b>GROUP FITNESS</b> 10:00am-11:00am Laura	<b>GROUP STRENGTH</b> 5:30am-6:15am Tony <b>YOGA</b> 9:30am-10:30am Justine	<b>YOGA</b> 6:00am-7:00am Carole <b>YOGALATES INFUSION</b> 9:00am-9:50am Maggie <b>GROUP FITNESS</b> 10:00am-11:00am Laura	<b>GROUP STRENGTH</b> 5:30am-6:15am Tony <b>YOGA</b> 9:30am-10:30am Justine	<b>YOGA</b> 6:00am-7:00am Carole	<b>YOGA BEGIN</b> 9:15am-10:00am Carole
	<b>YOGA</b> 5:30pm-6:30pm Justine	<b>CORE</b> 5:30pm-5:45pm Larwan <b>GROUP STRENGTH</b> 5:50pm-6:15pm Larwan <b>BOOTCAMP</b> 6:45pm-7:45pm Jaqueline	<b>YOGA</b> 5:30pm-6:30pm Justine	<b>CORE</b> 5:30pm-5:45pm Larwan <b>GROUP STRENGTH</b> 5:50pm-6:15pm Larwan <b>DANCE2FIT</b> 6:45pm-7:45pm Jaqueline		



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## **AGE REQUIREMENTS:**

- **Ages 12 to 15**

A parent or guardian, 18 years or older, must be present with children in the Cardio fitness area and a waiver must be on file. Waiver can be found at the Welcome Center and must be signed by both parent and child.

- **Ages 16–17**

May use Fitness area without parent present but must have a waiver on file.

## **WELLNESS AREA REQUIREMENTS:**

- All members and guests using the wellness area must be dressed in appropriately clothing including close-toed shoes. No sandals or bare feet are permitted in the wellness area.
- All group exercise participants are required to register at the Welcome Center for any classes they are participating in each session.
- Please be considerate of other members by wiping down your machine after each use.

## **SUMMER SESSION DATES:**

**SUMMER I: JUNE 5TH—JULY 16TH**

**SUMMER II: JULY 18TH—AUGUST 27TH**

## **UPCOMING CLOSURES:**

**JULY 4TH—CLOSED ALL DAY**

Schedule subject to change with little to no notice. For questions, please contact Taylor at [taylorf@grantcountyyymca.org](mailto:taylorf@grantcountyyymca.org)