

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Group Exercise Room Schedule

Monday:

9am – 10:45am.....Cardio n Strength
4pm – 5pm.....Turbo Kick
5pm – 6pm.....Step Aerobics
6pm – 6:45pm.....Super Toning
6pm – 7pm.....Triple A (Racquetball Court)
7pm – 8:30pm.....Advanced Yoga

Tuesday:

9am – 10:15am.....Master Yoga
10:20am – 11:20am.....Abs & Glutes
12:15pm – 12:45pm.....Step/Dance/Tone
3:30pm – 4:30pm.....Hip Hop Hustle
4:30pm – 5:30pm.....Kickboxing
5:30pm – 6:30pm.....Step/Pilates
6:30pm – 7:30pm.....Kickboxing
7:45pm – 9pm.....Latin Moves

Wednesday:

9am – 10:45am.....Cardio n Strength
4:45pm – 5:30pm.....TNT
5:30pm – 6:30pm.....Dance Aerobics
7pm – 8:15pm.....Intermediate Yoga
8:15pm – 9pm.....Latin Moves

Thursday:

9am – 10am.....Basic Yoga
10:30am – 11:30am.....Gentle Senior Yoga
12:15pm – 12:45pm.....Step/Dance/Tone
4:30pm – 5:30pm.....Kickboxing
5:30pm – 6:30pm.....Step/Pilates
6:30pm – 7:30pm.....Kickboxing
7:30pm – 9pm.....Latin Moves

Friday:

9am – 10:30am.....Camp Fit Cardio
5pm – 6pm.....Step Aerobics
6pm – 6:45pm.....Super Toning
6pm – 7pm.....Triple A (Racquetball Room)

Saturday:

8am – 9am.....Kickboxing
9am – 10:45am.....Step/Pilates

Aqua-Aerobics Schedule

Monday:

9am – 10am.....Aqua Fit

Tuesday:

7:30am – 8:30am.....Senior Friends
9am – 10am.....Senior Friends

Wednesday:

9am – 10am.....Aqua Fit

Thursday:

7:30am – 8:30am.....Senior Friends
9am – 10am.....Senior Friends

Friday:

9am – 10am.....Aqua Fit

Cycling Studio Schedule

Monday:

6am – 7am
9am – 9:45am
12:15pm – 12:45pm
4:30pm – 5:30pm
6pm – 7pm

Tuesday:

5am – 6am
6am – 7am
8am – 8:45am
9am – 10:15am
5:30pm – 6:30pm
6:30pm – 7:30pm

Wednesday:

6am – 7am
12:15pm – 12:45pm
4:30pm – 5:30pm
6pm – 7pm

Thursday:

5am – 6am
6am – 7am
8am – 8:45am
9am – 10:15am
5:30pm – 6:30pm
6:30pm – 7:30pm

Friday:

6am – 7am
9am – 9:45am

Saturday:

8am – 9am
9am – 10am

Updated: October 1, 2009