

Bayside Y Group Exercise

March-April 2017

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday*	Sunday
Studio	5:45 AM		BodyPump* Sarah A.		BodyPump* Cathy				
	6:00 AM	Cycle* Jodi		Cycle* Adrienne		Cycle* Charlotte	7:00 AM	Yoga Charlotte	Cycle* Jodi
	7:00 AM	Interval training Charlotte	Yoga Charlotte	Bodyflow Jodi	Interval Training Charlotte	Yoga Charlotte	8:00 AM	BodyJam Sarah A.	Bodyflow Jodi
	8:00 AM	Pilates Charlotte	Strength & Conditioning Chris	Cycle* Chris	Strength & Conditioning Chris	Low Impact Charlotte	9:00 AM	Cycle* Bob	Zumba Kristie
	9:00 AM	BodyPump* Neta	Cycle* Chris	BodyPump* Neta	BodyCombat Danee	Bodyflow Jodi	10:00 AM	BodyPump* Chris	Bodyvive Kerri/Jen
	10:00 AM		Vinyasa Yoga Kim		Chair Yoga Marie			Please note- there will be a special Group Ex schedule on 4/29 Healthy Kids Day	
	10:15 AM	Zumba Kristie		Zumba Kristie		Friday Dance Party Sarah A.			
	11:00 AM		Arthritis Land Jean		Arthritis Land Edna				
	11:15 AM	Strength & Conditioning Active Older Adult Jodi		Strength & Conditioning Active Older Adult Amy		Strength & Conditioning Active Older Adult Sarah A.			
	1:30 PM	Silversneakers Edna/Sue		Silversneakers Edna/Sue					
	4:00 PM		Youth Yoga \$\$ Amy						
	5:30 PM	Bodyvive Jen	Pilates Charlotte	Cycle* Brian		Cycle* Brian			
	6:30 PM	Cycle* Mike	BodyCombat Danee	BodyPump Cathy	BodyCombat Sarah A.				
	7:30 PM	BodyPump Mike	Core & Strength Ariadne	Yoga Ariadne (7:45 pm)					
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Gymnasium	6:00 AM		Step Intervals Charlotte		Step Intervals Charlotte		8:00 AM		
	8:00 AM			Pilates Nicole			9:00 AM		
	9:00 AM		HIIT Jen	TRX \$\$		Bodyvive Jen			
	5:30 PM		Zumba Dawn						
	6:15 PM								

* Space is limited in these classes. Please register up to 24 hours in advance- online or by calling 245-2444

2/25/2017