

Bayside Y Group Exercise January - February 2018

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday*	Sunday
Studio	5:45 AM		BodyPump* Neta		BodyPump* Sarah A.				
	6:00 AM	Cycle* Jodi		Cycle* Adrienne		Cycle* Charlotte			
	7:00 AM	Interval training Charlotte	Yoga Charlotte	Bodyflow Jodi	Interval Training Charlotte	Yoga Charlotte	7:00 AM	Yoga Charlotte	Cycle* Jodi
	8:00 AM	Pilates Charlotte	Strength & Conditioning Chris	Cycle* Chris	Strength & Conditioning Chris	Low Impact Charlotte	8:00 AM	Cycle* Janette	Bodyflow Kerri/Jodi
	9:00 AM	BodyPump* Sarah S.	Cycle* Chris	BodyPump* Sarah S.	BodyCombat Danee	Bodyflow Jean	9:00 AM	Cycle* Bob	Zumba Kristie
	10:00 AM						10:00 AM	BodyPump* Chris	Bodyvive Kerri/Jen
	10:15 AM	Zumba Gold Kristie	Vinyasa Yoga Kim	Zumba Gold Kristie	Chair Yoga Marie	Zumba Gold Kristie			
	11:15 AM	Enhance Fitness	Arthritis Land Jean	Enhance Fitness	Arthritis Land Edna	Enhance Fitness			
	12:30 PM	Pedaling for Parkinson's*		Pedaling for Parkinson's*		Pedaling for Parkinson's*			
	1:30 PM	Silversneakers Edna/Sue		Silversneakers Edna/Sue					
	4:00 PM		Youth Yoga Amy						
	4:15 PM			Fitness for Juniors Sarah S./Amy	Jam for Juniors Sarah A.				
	5:30 PM	Bodyflow Jean	Pilates Charlotte	Cycle* Mike	Pound* Kristie	Cycle* Bob/Mary			
	6:30 PM	Cycle* Mike	BodyCombat Danee	BodyPump Mike	BodyVive Karen				
7:30 PM	BodyPump Mike	Zumba Dawn	Yoga Ariadne (7:45 pm)	Cycle* Mary					
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Gymnasium	6:00 AM		Step Intervals Charlotte		Step Intervals Charlotte		6:00 AM		
	7:00 AM			Boot Camp\$ Janette		Boot Camp\$ Janette	7:00 AM		
	8:00 AM					HITT Janette	8:00 AM		BodyCombat Danee
	9:00 AM			TRX \$ Kathryn					
	9:15 AM		HITT Janette			Bodyvive Jen			
	11:15 AM	Strength & Conditioning Active Older Adult Jodi		Strength & Conditioning Active Older Adult Amy		Strength & Conditioning Active Older Adult Sarah A.			
	6:00 PM		Boot Camp\$ Brian		Boot Camp\$ Sarah A.				

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

12/22/2017