

Bayside Y Group Exercise

May - June 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	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 Jodi
	9:00 AM	BodyPump* Neta	Cycle* Chris	BodyPump* Neta	BodyCombat Danee	Bodyflow Jean	9:00 AM	Cycle* Bob	Zumba Kristie
	10:00 AM		Vinyasa Yoga Kim		Chair Yoga Marie		10:00 AM	BodyPump* Chris	Bodyvive Kerri/Jen
	10:15 AM	Zumba Gold Kristie		Zumba Gold Kristie		Zumba Gold Kristie			
	11:00 AM		Arthritis Land Jean		Arthritis Land Edna				
	12:00 PM								
	1:30 PM	Silversneakers Edna/Sue		Silversneakers Edna/Sue					
	4:00 PM		Youth Yoga \$\$ Amy	Fitness For Juniors Sarah/Amy					
	5:30 PM	Bodyvive Jen	Pilates Charlotte	Cycle* Brian	Pound* Kristie	Cycle* Brian/Bob			
	6:30 PM	Cycle* Mike	BodyCombat Danee	BodyPump Cathy	BodyCombat Sarah A.				
	7:30 PM	BodyPump Mike	Bodyflow Jean	Yoga Ariadne (7:45 pm)	Cycle* Bob				
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Gymnasium	6:00 AM		Step Intervals Charlotte		Step Intervals Charlotte		8:00 AM	BodyJam Sarah A.	
	8:00 AM			Pilates Nicole			9:00 AM		
	9:00 AM		HIIT Jen	TRX \$\$		Bodyvive Jen			
	9:15 AM	Pound* Kristie							
	11:00 AM	Strength & Conditioning Active Older Adult Jodi		Strength & Conditioning Active Older Adult Amy		Strength & Conditioning Active Older Adult Sarah A.			
	5:30 PM		Zumba Dawn						

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

4/28/2017