

Bayside Family YMCA Group Exercise

September - October 2017

| | 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 Jodi | |
| | 9:15 AM | BodyPump* Sarah S. | Cycle* Chris | BodyPump* Sarah S. | BodyCombat Danee | Bodyflow Jean | 9:00 AM | Cycle* Bob | Zumba Kristie | |
| | 10:15 AM | | Vinyasa Yoga Kim | | Chair Yoga Marie | | 10:00 AM | BodyPump* Chris | Bodyvive Kerri/Jen | |
| | 10:30 AM | Zumba Gold Kristie | | Zumba Gold Kristie | | Zumba Gold Kristie | | | | |
| | 11:15 AM | Enhance Fitness | Arthritis Land Jean | Enhance Fitness | Arthritis Land Edna | Enhance Fitness | | | | |
| | 12:15 PM | | | | | | | | | |
| | 1:30 PM | Silversneakers Edna/Sue | | Silversneakers Edna/Sue | | | | | | |
| | 4:00 PM | | Youth Yoga Amy | Fitness for Juniors Sarah S./Amy | BodyJam for Juniors Sarah A. | | | | | |
| | 5:30 PM | Bodyvive Jen | Pilates Charlotte | Cycle* Mike | Pound* Kristie | Cycle* Bob/Mary | | | | |
| | 6:30 PM | Cycle* Mike | BodyCombat Danee | BodyPump Mike | BodyCombat Sarah A. | | | | | |
| 7:30 PM | BodyPump Mike | Bodyflow Jean | 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 \$\$ | | Boot Camp \$\$ | | | | |
| | 8:00 AM | | | Pilates Adriane | | HITT Janette | 8:00 AM | BodyCombat Danee | | |
| | 9:00 AM | | | TRX \$\$ | | | | | | |
| | 9:15 AM | | HITT Jen | | | Bodyvive Jen | | | | |
| | 11:15 AM | Strength & Conditioning Active Older Adult Jodi | | Strength & Conditioning Active Older Adult Amy | | Strength & Conditioning Active Older Adult Sarah | | | | |
| | 6:00 PM | | Boot Camp \$\$ | | Boot Camp \$\$ | | | | | |

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

9/13/2017