

Bayside Y Group Exercise

July - August 2017

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday*	Sunday
Studio	5:45 AM		BodyPump* Neta		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	
	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* Sarah S.	Cycle* Chris	BodyPump* Sarah S./Sarah A.	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	Strength & Conditioning Active Older Adult Jodi	Arthritis Land Jean	Strength & Conditioning Active Older Adult Amy	Arthritis Land Edna	Strength & Conditioning Active Older Adult Sarah			
	12:00 PM								
	1:30 PM	Silversneakers Edna/Sue		Silversneakers Edna/Sue					
	4:00 PM		Youth Yoga \$\$ Amy						
	5:30 PM	Bodyvive Jen	Pilates Charlotte	Cycle* Bob	Pound* Kristie	Cycle* Bob/Mary			
	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* Mary					
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Gymnasium	6:00 AM		Step Intervals Charlotte		Step Intervals Charlotte		6:00 AM		
	8:00 AM		HIIT Janette	Pilates Adrienne/Nicole		HIIT Janette	8:00 AM	BodyCombat Danee	
	9:00 AM			TRX \$\$					
	9:15 AM	Pound* Kristie							
	11:00 AM								
	5:30 PM								

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

6/21/2017