



Group Exercise Studio Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	LesMILLS BODYPUMP Neta 6 am	LesMILLS BODYATTACK Neta 6 am	LesMILLS BODYPUMP Neta 6 am		LesMILLS BODYATTACK Neta 8 am	
	LesMILLS GRIT Danee 9 am		Strength & Conditioning Chris 9 am <i>Starts in OCTOBER</i>		LesMILLS BODYPUMP Neta 9 am	LesMILLS BODYBALANCE Jean 9:30 am
LesMILLS BODYPUMP Chris 9:30 am		LesMILLS BODYPUMP Makenna 9:30 am		LesMILLS BODYBALANCE Neta 9:30 am	LesMILLS BODYCOMBAT Danee 10 am	
	LesMILLS BODYBALANCE Chris 10 am <i>Starts in OCTOBER</i>					
			Chair Yoga Marie 12:10 pm			
	 Jean 1:30 pm		 Jean 1:30 pm			
		 Robyn 4:30 pm				
LesMILLS GRIT Danee 5 pm	LesMILLS BODYCOMBAT Danee 5 pm		LesMILLS BODYBALANCE Jean 5 pm	LesMILLS BODYCOMBAT + Core Makenna 5 pm		
LesMILLS BODYCOMBAT Makenna 6 pm	LesMILLS BODYBALANCE Jean 6 pm		LesMILLS BODYPUMP + Core Makenna 6 pm			
		Yoga Ariadne 6:45 pm <i>Starts October 5th</i>				

New Group Exercise Registration & Late Policy

- All participants must register for all classes
- All participants will only be able to register for classes 24 hours in advance.
- We have implemented a late policy to allow members on the wait list to be entered into a class.
 - No one will be admitted into class after 3 minutes past the start time.
- ALL instructors will use the digital clock in the back of the room for the time .

Mobile phones and watches are not permitted in class.



Fall 2022 Group Exercise Schedule

Bayside Family YMCA

Cycle Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Mary 5:15 am			 Mary 5:15 am			
			 Janette 6:30 am TBD			
					 Janette 7 am	 Janette 7 am
		 Bob 8 am				 Bob 8 am
 Chris 8:30 am			 Bob 8:15 am			
	 Chris 9 am Starts in OCTOBER					

Gymnasium Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Janette 6:30 am		 Janette 6:30 am		 Janette 6:30 am		
Senior Strength Greg 10 am		Senior Strength Greg 10 am		Senior Strength Greg 10 am		
	 Robyn 11 am		 Robyn 11 am			