



September 2022 Group Exercise Schedule

South County YMCA

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Cycle
6:30 am
Barbara

Registration Required

Cycle
6:30 am
Barbara

Registration Required

Cycle
7:00 am
Barbara

Registration Required

Weights & More
7:30 am
Taylor

Weights & More
7:30 am
Taylor

Weights & More
7:30 am
Taylor

Restorative Yoga
8:00 am
Lori

Vinyasa Flow Yoga
9:00 am
Lori

Cardio Mix
9:00 am
Taylor

Funky Flow Yoga
9:00 am
Lori

Cardio Mix
9:00 am
Taylor

Low & Slow
Flow Yoga
9:00 am
Lori

Boot Camp
10:30am
Lori

Registration Required

Zumba
10:00am
Hanan

Zumba
10:00 am
Hanan

Silver Sneakers
11:00 am
Taylor

Silver Sneakers
11:00 am
Taylor

Silver Sneakers
11:00 am
Taylor

Chair Yoga
12:00 pm
Lori

Cardio
Kickboxing
4:30 pm
Peter Pan

Surfset
5:30 pm
Peter Pan

Registration Required

RPM
5:30 pm
Chelsea

BodyPump
5:30 pm
Kelsey

Surfset
5:30 pm
Peter Pan

Registration Required

Cardio
Kickboxing
6:30 pm
Peter Pan

BodyPump
6:30 pm
Chelsea

Boot Camp
6:00 pm
Austin
Registration Required