



### Group Exercise Studio Classes

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

**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.



# Winter 2022/2023 Group Exercise Schedule

# Bayside Family YMCA

## Cycle Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Mary 5:15 am				 Mary 5:15 am		
		 Bob 8 am				 Bob 8 am
 Chris 8:30 am			 Bob 8:15 am			
	 Chris 9 am					

## Gymnasium Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Senior Strength Greg 10 am		Senior Strength Greg 10 am		Senior Strength Greg 10 am		
	 Robyn 11 am		 Robyn 11 am			