#### **Newman YMCA**

## **GROUP EXERCISE SCHEDULE**



#### **MONDAY**

Interval Training 8:00-9:15am Michelle **Gymnasium** 

**Active Stretch** 9:30am-10:15am Michelle **Gymnasium** 

Water Ex. 10:45-11:30am Tori Pool

AM

PM

5:30-6:30pm Robyn **Gymnasium** 

Water Ex. 6:30-7:15pm Irena Pool



#### **TUESDAY**

Cycle 8:00-9:00am Dean **Gymnasium** 

Weight Training 9:15-10:00am Michelle **Gymnasium** 

> Raising The Bar 9:15-10:15am Kat Studio (Green Room)

Michelle **Gymnasium** 

#### **WEDNESDAY**

Strength & Cond. 8:00-9:00am Michelle **Gymnasium** 

Water Ex. 8:30-9:30am Irena Pool

**Active Stretch** 10:00-10:45am

tone

5:30-6:15pm

Juliette

#### **THURSDAY**

Cycle 8:00-9:00am Dean **Gymnasium** 

#### **FRIDAY**

Cycle 8:00-9:00am Michelle Gvmnasium

Water Ex. 8:30-9:30am Irena Pool

Weight Training 9:15-10:00am Michelle **Gymnasium** 

Senior Strength Train 10:15-11:00am Michelle **Gymnasium** 

## **SATURDAY**

tone 7:30-8:30am Juliette Studio (Green Room)

> Cycle 8:00-9:00am Dean Gymnasium

### **SUNDAY**

# Kid's Care Hours

\*for Newman YMCA members to utilize while in the fitness center or in group ex classes!

Monday

8:30a-12:00p

Wednesday

8:30a-12:00p

**Friday** 

8:30a-12:00p

5:30-6:30pm Robyn Studio

Water Ex. 6:30-7:15pm **Patti** Pool



**CLASS DESCRIPTIONS ON BACK!** 

Updated 11/15/2023