



# Spring 2024 Group Exercise Schedule Bayside Family YMCA

Studio Classes				
Monday	Tuesday	Wednesday	Thursday	Friday
	<b>LES MILLS BODYPUMP</b> Neta 6:00am	<b>LES MILLS BODYATTACK</b> Neta 6:00am	<b>LES MILLS BODYPUMP</b> Neta 6:00am	<b>LES MILLS BODYBALANCE</b> Neta 6:00am
	<b>LES MILLS GRIT</b> Danee 9:00am		Strength & Conditioning Chris 9:00am	
<b>LES MILLS BODYPUMP</b> Chris 9:30am		<b>LES MILLS BODYPUMP</b> Makenna 9:30am		
	<b>LES MILLS BODYBALANCE</b> Chris 10:15am	Studio Reserved 11:00am – 11:45am	Studio Reserved 11:00am – 11:45am	<b>LES MILLS BODYPUMP</b> Nikki 10:30am
		Studio Reserved 12:00pm – 12:45pm	Chair Yoga Marie 12:10pm	
	 Silver Sneakers Jean J. 1:30pm		 Silver Sneakers Jean J. 1:30pm	
	OST Class			
Studio Reserved	<b>LES MILLS BODYCOMBAT</b> Danee 5:00pm	<b>tone</b> Makenna 5:30pm	<b>LES MILLS BODYBALANCE</b> Jean E. 5:00pm	Studio Reserved
Studio Reserved	<b>LES MILLS BODYBALANCE</b> Jean E 6:00pm	<b>YOGA</b> Ariadne 6:45pm	<b>LES MILLS CORE</b> Makenna 6:00pm	Studio Reserved

Studio Classes	
Saturday	Sunday
<b>LES MILLS BODYATTACK</b> Neta 8:00am	
<b>LES MILLS BODYPUMP</b> Neta 9:00am	<b>LES MILLS BODYBALANCE</b> Jean E. 9:30am
<b>LES MILLS BODYCOMBAT</b> Danee 10:00am	<b>LES MILLS BODYPUMP</b> Makenna 10:40am



**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.

No one will be admitted into class after classes have completed the warm up.



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Cycle Studio Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>CYCLE</b> Anthony 6:30am			
					<b>CYCLE</b> Anthony 7:15am	<b>CYCLE</b> Anthony 7:15am
<b>CYCLE</b> Chris 8:30am		<b>CYCLE</b> Bob 8:30am	<b>LES MILLS Sprint</b> Bob 8:30am	Yoga Sarah 8:15am		<b>CYCLE</b> Bob 8:30am
	<b>CYCLE</b> Chris 9:00am					
				<b>LES MILLS BODYCOMBAT</b> + Core Makenna 5:00pm		
<b>LES MILLS BODYCOMBAT</b> Makenna 6:00pm		<b>CYCLE</b> Sue 6:30pm				

Gymnasium Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Anthony 6:30am		HIIT Anthony 6:30am		HIIT Anthony 6:30am		
Senior Strength Eileen 10:00am		Senior Strength Eileen 10:00am		Senior Strength Eileen 10:00am		
	<b>ZUMBA</b> Robyn 11:00am		<b>ZUMBA</b> Robyn 11:00am			