



Group Exercise Summer Schedule

JUNE 2024 South County YMCA

*Effective June 3rd 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Weights & More Taylor 7:30 AM	Cycle* Barbara 7:00 AM	BODYPUMP* Taylor 7:30 AM	Cycle* Barbara 7:00 AM	Weights & More Taylor 7:30 AM	Cycle* Barbara 7:00 AM	Yin Yoga Barbara 7:30 AM
Vinyasa Flow Yoga Lori 8:30 AM	Cardio Core Taylor 8:00 AM	Funky Flow Yoga Lori 8:30 AM	Cardio Core Taylor 8:00 AM	Slow Flow Yoga Natalie 8:30 AM	BODYPUMP* Mike/Danielle 8:30 AM	BODYPUMP* Melissa 8:45 AM
Zumba Brenae 10:00 AM	Low Impact Cardio Fitness Chelsea 10:00AM	Zumba Hanan 10:00 AM	Low Impact Cardio Fitness Chelsea 10:00AM	Zumba Andy 10:00 AM	Zumba Hanan 10:00 AM	Les Mills Tone Melissa 9:45AM
Silver Sneakers* Taylor 11:00 AM		Silver Sneakers* Taylor 11:00 AM		Silver Sneakers* Taylor 11:00 AM	GROUP FIT FEST SATURDAY JUNE 22ND 7:30AM - 12:00PM JOIN US FOR A MORNING OF ALL YOUR FAVORITE CLASSES!	
Chair Yoga Lori 12:00 PM	BODYPUMP* Chelsea 4:30 PM	Chair Yoga Natalie 12:00 PM	RPM* - Cycle Chelsea 4:30 PM	Cardio Kickboxing Peter Pan 4:30PM		
SURFSET* Peter Pan 5:30 PM	Zumba Andy 5:30 PM	BODYPUMP* Mike/ Danielle 5:30 PM	Zumba Brenae 5:30 PM	SURFSET* Peter Pan 5:30 PM		
Cardio Kickboxing Peter Pan 6:30 PM			BODYPUMP* Katie 6:30 PM			

Updated or
New Class

*Registration
Required