



## September 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>Cardio Drumming</b> Mary Ann 8:30am 9/9	<b>LES MILLS GRIT</b> Danee 9:00am			Strength & Conditioning Chris 8:30am
<b>LES MILLS BODYPUMP</b> Chris 9:30am		<b>LES MILLS BODYPUMP</b> Makenna 9:30am		<b>LES MILLS BODYBALANCE</b> Chris 9:30am
		<b>LES MILLS BODYBALANCE</b> Chris 10:40am		<b>LES MILLS BODYPUMP</b> Niki 10:40am
			<b>Chair Yoga</b> Marie 12:10pm	
	<b>Silver Sneakers</b> Jean J. 1:30pm		<b>Silver Sneakers</b> Jean J. 1:30pm	
<b>LES MILLS BODYPUMP</b> Sue 5:30pm		<b>LES MILLS tone</b> Makenna 5:30pm	<b>LES MILLS BODYBALANCE</b> Jean E. 5:00pm	<b>LES MILLS BODYCOMBAT</b> + Core Makenna 5:00pm
	<b>LES MILLS BODYBALANCE</b> Jean E 6:00pm	<b>YOGA</b> Ariadne 6:45pm	<b>LES MILLS CORE</b> Makenna 6:00pm	

### 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



Cycle for A Cause  
Saturday September 28<sup>th</sup>  
9am – 12pm

Ask an instructor for more details

### 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.



## September 2024 Group Exercise Schedule Bayside Family YMCA

### Cycle Studio Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			 Janette 6:30am			
					 Janette 7:15am	 Janette 7:15am
 Chris 8:30am		 Chris 8:30am	 Bob 8:30am	Yoga  Sarah 8:15am		 Bob 8:30am
	 Bob 9:00am 9/10		Pre - School Dance			
			Pre - School Dance			
 Makenna 6:00pm	 Danee 6:00pm	 Sue 6:30pm	Youth Dance			

### Gymnasium Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Janette 6:30am		HIIT Janette 6:30am		HIIT Janette 6:30am		
Senior Strength 1 Eileen 10:00am		Senior Strength 1 Eileen 10:00am		Senior Strength 1 Eileen 10:00am		
Senior Strength 2  Eileen 11:00am	 Robyn 11:00am	Senior Strength 2  Eileen 11:00am	 Robyn 11:00am	Senior Strength 2  Eileen 11:00am		