



Group Exercise September Schedule

September 2024 South County YMCA

***Effective September 3rd, 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weights & More Taylor 7:30 AM	Cycle* Barbara 7:00 AM	BODYPUMP* Taylor 7:30 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	Les Mills Tone Melissa 8:00 AM	Slow Flow Yoga Natalie 8:30 AM	BODYPUMP* Mike/Danielle 8:30 AM	Les Mills Tone Melissa 9:00AM
	BODYPUMP* Rebecca 9:00 AM		BODYPUMP* Taylor 9:00 AM			
		Zumba Hanan 10:00 AM		Zumba Andy 10:00 AM	Zumba Hanan 10:00 AM	
Silver Sneakers* Taylor 11:00 AM		Silver Sneakers* Taylor 11:00 AM		Silver Sneakers* Taylor 11:00 AM		
Chair Yoga Lori 12:00 PM		Chair Yoga Natalie 12:00 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 5:30PM	SURFSET* Peter Pan 5:30 PM		
Cardio Kickboxing Peter Pan 6:30 PM						

Updated or
New Class

*Registration
Required