



December 2024 Group Exercise Schedule Bayside Family YMCA

Studio Classes				
Monday	Tuesday	Wednesday	Thursday	Friday
	LES MILLS BODYPUMP Neta 6:00am	LES MILLS BODYATTACK Neta 6:00am	LES MILLS BODYPUMP Neta 6:00am	LES MILLS GRIT Danee Danee 6:00am
Cardio Drumming Mary Ann 8:30am				LES MILLS BODYPUMP Nikki 8:00am
	LES MILLS GRIT Danee Danee 9:00am		Strength & Conditioning Chris 9:00am	
LES MILLS BODYPUMP Chris 9:30am		LES MILLS BODYPUMP Makenna 9:30am		
	LES MILLS BODYBALANCE Chris 10:30am		LES MILLS BODYBALANCE Chris 10:15am	
			Chair Yoga Marie 12:10pm	
	 Silver Sneakers Jean J. 1:30pm		 Silver Sneakers Jean J. 1:30pm	
LES MILLS BODYPUMP Sue 5:30pm		tone Makenna 5:30pm	LES MILLS BODYBALANCE Jean E. 5:00pm	LES MILLS BODYCOMBAT + Core Makenna 5:00pm
	LES MILLS BODYBALANCE Jean E 6:00pm	YOGA Ariadne 6:45pm	LES MILLS CORE Makenna 6:00pm	

Studio Classes	
Saturday	Sunday
LES MILLS BODYATTACK Neta 8:00am	
LES MILLS BODYPUMP Neta 9:00am	LES MILLS BODYBALANCE Jean E. 9:30am
LES MILLS BODYCOMBAT Danee Danee 10:00am	LES MILLS BODYPUMP 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
				LES MILLS BODYBALANCE Neta 6:00am		
					CYCLE Anthony 7:15am	CYCLE Anthony 7:15am
CYCLE Chris 8:30am		CYCLE Bob 8:30am	LES MILLS sprint Bob 8:30am	Yoga Sarah 8:15am		CYCLE Bob 8:30am
	CYCLE Chris 9:00am		Reserved Dance			
LES MILLS BODYCOMBAT Makenna 4:30pm			Reserved Dance			
	LES MILLS BODYCOMBAT Dance 6:00pm	CYCLE Sue 6:30pm	Reserved Dance			

Gymnasium Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Anthony 6:30am		HIIT Anthony 6:30am		HIIT Anthony 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	ZUMBA Robyn 11:00am	Senior Strength 2 Eileen 11:00am	ZUMBA Robyn 11:00am	Senior Strength 2 Eileen 11:00am		