



## January 2025 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 GRIT</b> Danee 6:00am
<b>Cardio Drumming</b> Mary Ann 8:30am				<b>LES MILLS BODYPUMP</b> Nikki 8:00am
	<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 10:30am		<b>LES MILLS BODYBALANCE</b> Chris 10:15am	
			<b>Chair Yoga</b> Marie 12:10pm	
	 Silver Sneakers Jean J. 1:30pm		 Silver Sneakers 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



### 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.



## January 2025 Group Exercise Schedule Bayside Family YMCA

Cycle Studio Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				LES MILLS <b>BODYBALANCE</b> Neta 6:00am		
					<b>CYCLE</b> Anthony 7:15am	<b>CYCLE</b> Anthony 7:15am
<b>CYCLE</b> Chris 8:30am		<b>CYCLE</b> Bob 8:30am	LES MILLS <b>sprint</b> Bob 8:30am	Yoga Sarah 8:15am		<b>CYCLE</b> Bob 8:30am
	<b>CYCLE</b> Chris 9:00am		Reserved Dance			
LES MILLS <b>BODYCOMBAT</b> Makenna 4:30pm			Reserved Dance			
	LES MILLS <b>BODYCOMBAT</b> Danee 6:00pm	<b>CYCLE</b> 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	<b>ZUMBA</b> Adaptive Robyn 10:25am	Senior Strength 1 Eileen 10:00am		
Senior Strength 2 Eileen 11:00am	<b>ZUMBA</b> Robyn 11:00am	Senior Strength 2 Eileen 11:00am	<b>ZUMBA</b> Robyn 11:00am	Senior Strength 2 Eileen 11:00am		