



April 2025 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 6:00am
Cardio Drumming Mary Ann 8:30am		mashup Denise 8:00 am		LES MILLS BODYPUMP Nikki 8:00am
	LES MILLS GRIT Danee 9:00am		Strength & Conditioning Chris 9:00am	LES MILLS Shapes Makenna /Mary Ann 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 Patricia 12:10pm	
	Silver Sneakers Jean J. 1:30pm		Silver Sneakers Jean J. 1:30pm	
LES MILLS BODYPUMP Sue 5:30pm	LES MILLS Shapes Makenna 5:00pm	tone Makenna 5:30pm	LES MILLS BODYBALANCE Jean E. 5:00pm	LES MILLS BODYCOMBAT + Core Makenna 5:00pm
YOGA Kim 6:45pm	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 PILATES Neta 8:30am
LES MILLS BODYPUMP Neta 9:00am	LES MILLS BODYBALANCE Jean E. 9:30am
LES MILLS BODYCOMBAT Danee 10:00am	LES MILLS BODYPUMP Makenna 10:40am



New Classes

Yoga

Monday 6:45pm with Kim L

See class descriptions for more information

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		
					Anthony 7:15am	Anthony 7:15am
Chris 8:30am		Bob 8:30am	LES MILLS sprint Bob 8:30am	Yoga Sarah 8:15am		Bob 8:30am
	Chris 9:00am		Reserved Dance			
LES MILLS BODYCOMBAT Makenna 4:30pm			Reserved Dance			
	LES MILLS BODYCOMBAT Danee 6:00pm	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	Adaptive Robyn 10:25am	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		