



Fall schedule 2017

September 5th-December 31st



All classes must have 4 or more to run class and 4 or more consistently to remain on the schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SuperStrength&Core(B) 5:30-6:15am Gale	Tabata (B) 5:45-6:30am Sandy	Strength(B) NEW 5:45-6:30am Greg	HIIT/Toning (B) 5:30-6:15am Gale		YMCA Opens at 7am	YMCA Opens at 8am
Pilates Infusion(A) 6:15-7:00am Jane	Rising Sun Yoga(A) 6:00-7:00am Deb	<i>Strength class will begin 9/12</i> Pilates(A) 6:15-7:00am Jane	Rising Sun Yoga(A) 6:00-7:00am Deb	Body Sculpt(B) 6:15-7:00am Jane	Power Yoga(B) 7:30 -8:45am Ali	
Power Pilates & Core Works (A) NEW 8:00-9:00am Ali	Senior Stretch&Strength (B) 8:00-9:00am Janet <i>*all levels welcome</i>	Power Flow Yoga(A)NEW 8:00-9:15am Jamie	Barre Fusion (A) <i>Barre, Yoga and Pilates</i> 8:10-9:10am Ali	Yoga(A) 8:00-9:00am Lisa	Pilates(A) 8:15-9:10am Lisa	Power Pilates(A) NEW 8:15-9:15am Ali
Core Flow Yoga(B) 8:00-9:00am Lisa	<i>Barre, Yoga and Pilates</i> Barre Fusion (A) 8:10-9:10am Ali	Lo Impact (B) 8:15-9:15am Janet	Pure Strength (B) 8:30am-9:25am Linda	Lo Impact (B) 8:15-9:15am Janet	Step&Sculpt(B) It's back! 9:00-10:00am Donna/Judy	Cardio Sculpt (B) 9:15-10:15am Linda
Sweat & Sculpt(A) 9:15-10:15am Judy	Power Ball, Core/Strength(B) 9:15-10:15am Kelly	Power Yoga (A) 9:30-10:30am Ali	Zumba Toning/Abs(A) 9:30-10:25am Tammy	Pilates(A) 9:15-10:15am Lisa	Zumba(A) 9:15-10:10am Tom	Pilates(A) 9:25-10:25am Lisa /Carol B.
CardioKick&Toning(B) 9:20-10:20am Rhonda	Zumba (A) 9:20-10:20am Kristen	Step and Sculpt(B) 9:30-10:25am Rhonda	Yoga Variety (B) NEW <i>Power/Vinyasa/Balance/Strength</i> 9:30-10:25am Donna F	Zumba (B) 9:20-10:20am Monica	Arthritis Exercise(YZone) 9:30-10:15am Janet	Xtreme BootCamp(B) 10:10-11:10am Meghan/Donna
Arthritis Exercise(Yzone) 9:30-10:15am Carol	Sweat & Strength(B) 10:30-11:30am Susy	Arthritis Exercise(YZone) 9:30-10:15am Janet	Burn,Barre&Buff(A) <i>cardio/barre/tone</i> 10:30-11:25am Susy	Arthritis Exercise(YZone) 9:30-10:15am Janet	Cardio Weight Training(B) 10:30-11:30am Judy	Power Yoga (B) 10:30-11:30am Lisa/ Ali
Vinyasa Yoga/ Meditation(A) 10:30-11:45am Ali	PiYo (A) NEW 10:30-11:25am Samantha	Pilates/Barre(A) 10:35-11:35am Ali	Burn,Barre&Buff(A) <i>cardio/barre/tone</i> 10:30-11:25am Susy	Cardio Weight Training(B) 10:30-11:30am Judy	Barre Fusion (A) <i>Barre, Yoga and Pilates</i> 10:15-11:15am Ali	Power Yoga (B) 10:30-11:30am Kristen
Strength & Core (B) 10:30-11:30am Linda	Arthritis Exercise(Yzone) 11:00-11:45am Carol	Cardio Body Works(B) 10:30-11:30pm Judy	Core/Strength(B) 10:30-11:30am Ron	Core Pilates Plus(A) 10:30-11:30am Gaylene	Nia Groove(B) NEW 11:15am-12:15pm Ferebe/Jen/Deb	Zumba(A) 10:30-11:30am Kristen
Easy Flow Yoga(B) 12:15-1:00pm Mary	Tai Chi (A) 11:30am-12:30pm Kate	Chair Yoga(YZone) 10:30-11:15 Mary	Chair Yoga(YZone) 10:30-11:15 Mary	Silver Yoga (B) 11:30am-12:15pm Mary	Easy Flow Yoga(B) 12:15-1:00pm Mary	Zumba Ages 13+ 12:00-1:00pm Ali
	Yoga & Meditation(B) 12:15-1:00pm Ali	Easy Flow Yoga(B) 12:15-1:00pm Mary				Yoga & Meditation (B) 12:00-1:00pm Ali
						Yoga Ages 13+