



## YMCA Group Exercise Classes – Fall 2020 (September 1<sup>st</sup> – October 31<sup>st</sup>)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Boot Camp – Outside Rink 6:00 - 7:00 AM – Josh</p> <p>Pickleball 7:00 - 8:45 AM - Gyms A&amp;B</p> <p>Cardio Dancing – Small Gym 8:30 – 9:30 AM - Ellen</p> <p>Active Adult Total Fitness – Gym A &amp; B <span style="background-color: yellow;">Online</span> &amp; In-Person 8:45 - 10:00 AM – Sue</p> <p>Move, Stretch, Strength and Balance - <span style="background-color: yellow;">Online</span> 10:00 – 11:00 PM – Sarah</p> <p>Core and More – <span style="background-color: yellow;">Online</span> &amp; In-Person 10:10 - 10:55 AM – Jake</p> <p>Gentle Yoga – Gyms A &amp; B – <span style="background-color: yellow;">Online</span> &amp; In-Person 11:00 – 12:00 PM – Briel</p> <p>Indoor Cycling – <span style="background-color: yellow;">Online</span> 12:00 - 1:00 PM – Josh</p> <p>Pickleball - Gym A &amp; B 12:30 - 3:00PM</p> <p>Outdoor Cycling 6:30 – 7:15 PM – Maryanne</p> <p>18+ Adult Pick Up Basketball 7:30 – 9:00 PM – Gyms A &amp; B</p>	<p>18+ Adult Pick-Up Basketball 6:00 – 8:00 AM – Gyms A &amp; B</p> <p>Pickleball 7:00 – 9:00 AM – Gym A &amp; B</p> <p>Zumba Gold – Gym A &amp; B <span style="background-color: yellow;">Online</span> &amp; In-Person 10:00 – 11:00 AM - Amber</p> <p>Move, Stretch, Strength and Balance - <span style="background-color: yellow;">Online</span> 10:00 – 11:00 PM – Sarah</p> <p>Twinges and Hinges (Chair Exercises) <span style="background-color: yellow;">Online</span> 11:00 – 12:00 PM – Sarah</p> <p>Boot Camp - <span style="background-color: yellow;">Online</span> 12:00 - 1:00 PM – Josh</p> <p>Pickleball - Gym A &amp; B 12:30 - 3:00 PM</p> <p>Pickup Volleyball - Gym A 6:30 – 8:45 PM</p>	<p>Boot Camp – Outside Rink 6:00 - 7:00 AM – Josh</p> <p>Pickleball 7:00 - 8:45AM - Gyms A&amp;B</p> <p>Cardio Dancing – Small Gym 8:30 – 9:30 AM - Ellen</p> <p>Active Adult Total Fitness – Gym A &amp; B <span style="background-color: yellow;">Online</span> &amp; In-Person 8:45 - 10:00 AM – Sue</p> <p>Zumba - <span style="background-color: yellow;">Online</span> 10:00 – 11:00 AM - Rebecca</p> <p>Gentle Spin – Gym A 10:10 - 10:45 AM – Josh</p> <p>Gentle Yoga – <span style="background-color: yellow;">Online</span> and in Gyms A &amp; B 11:00 - 12:00 PM – Lori</p> <p>Indoor Cycling – <span style="background-color: yellow;">Online</span> 12:00 - 1:00 PM – Josh</p> <p>Pickleball - Gym A &amp; B 12:30 - 3:00 PM</p>	<p style="color: red;">Outdoor Cycling 6:00 – 6:45 AM – Josh</p> <p>18+ Adult Pick-Up Basketball 6:00 – 8:00 AM – Gyms A &amp; B</p> <p>Pickleball 7:00 – 9:00 AM – Gym A &amp; B</p> <p>Outdoor Yoga – Backyard of YMCA 8:00 – 9:00 AM – Briel</p> <p>Twinges and Hinges (Chair Exercises) <span style="background-color: yellow;">Online</span> 11:00 – 12:00 PM – Sarah</p> <p>Boot Camp – <span style="background-color: yellow;">Online</span> 12:00 - 1:00 PM - Josh</p> <p>Pickleball - Gym A &amp; B 12:30 - 3:00 PM</p> <p>Pickup Volleyball - Gym A 6:30 – 8:45 PM</p> <p>Youth Tang Soo Do Karate – Small Gym 6:30 – 8:00 PM – Brian</p>	<p>Boot Camp – Outside Rink 6:00 - 7:00 AM – Josh</p> <p>Pickleball 7:00 - 8:45AM - Gyms A&amp;B</p> <p>Cardio Dancing – Small Gym 8:30 – 9:30 AM - Ellen</p> <p>Active Adult Total Fitness – Gym A &amp; B <span style="background-color: yellow;">Online</span> &amp; In-Person 8:45 - 10:00 AM – Sue</p> <p>Move, Stretch, Strength and Balance - <span style="background-color: yellow;">Online</span> 10:00 – 11:00 PM – Sarah</p> <p>Gentle Pilates – Gyms A &amp; B – <span style="background-color: yellow;">Online</span> &amp; In-Person 11:00 AM – 12:00 PM – Amy</p> <p>Indoor Cycling – <span style="background-color: yellow;">Online</span> 12:00 - 1:00 PM – Josh</p> <p>Pickleball - Gym A &amp; B 12:30 - 3:00PM</p>
				Saturday
				<p>Pickleball Inline Hockey Rink 8:00 – 11:00 AM</p> <p>Zumba – <span style="background-color: yellow;">Online</span> 9:30 – 10:30 AM – Melissa</p>
				Sunday
				<p>Outdoor Yoga – Backyard of YMCA 10:00 – 11:00 PM – Briel</p>

Green indicates Senior Classes (registration required, available online) Blue indicates Youth and Adult Classes (registration required, available online) Red indicates Cycling Classes (included in \$20 Monthly Unlimited Package) See reverse side for class descriptions and session dates. MOST other classes are included in the \$20 Monthly Unlimited Package. \*Schedule is subject to change\*

For online classes please visit [www.ymcaofcentrecounty.org/athomeworkouts/](http://www.ymcaofcentrecounty.org/athomeworkouts/)

Date: 8/16/20