



YMCA Group Exercise Classes – Summer 2021 (July 5th – August 29th)



Monday	Tuesday	Wednesday	Thursday	Friday
Boot Camp – Gym A & B 6:00 - 7:00 AM – Josh Pickleball Gyms A & B 7:00 - 8:45 AM 9:00 – 9:30 AM Gym B only Active Adult Total Fitness – Gym A & B Online & In-Person 8:45 - 10:00 AM – Sue Move, Stretch, Strength and Balance - Online 10:00 – 11:00 PM – Sarah Core and More 10:10 - 10:55 AM – Jake Gentle Yoga – Gyms A & B – Online & In-Person June 7th 11:00 – 12:00 AM – Nicole Indoor Cycling – Online & In-Person 12:00 - 1:00 PM – Josh Pickleball - Gym A & B 1:30 - 3:30PM Zumba –Small Gym 6:00 – 7:00 PM - Joann 18+ Adult Pick Up Basketball 7:30 – 8:45 PM – Gyms A & B	Outdoor Cycling 6:00 – 6:45 AM – Josh Adult Group Swim - Pool 6:00 – 7:00 AM – Josh 18+ Adult Pick Up Basketball 6:00 – 8:00AM – Gyms A & B Pickleball Gyms A & B 8:00 - 9:30 AM Zumba Gold – Gym A & B 10:00 – 11:00 AM - Joann Move, Stretch, Strength and Balance - Online 10:00 – 11:00 AM – Sarah Boot Camp 12:00 - 1:00 PM – Josh Pickleball - Gym A & B 1:00 - 3:30 PM Y-Boxing – Gym A 5:30 – 6:30 PM - Jake Slow Flow Yoga – Teen Center 5:45 – 6:45 PM – Nicole Pickup Volleyball - Gym A 7:00 – 8:45 PM	Boot Camp – Gym A & B 6:00 - 7:00 AM – Josh Pickleball Gyms A&B 7:00 - 8:45AM 9:00 – 9:30 AM Gym B only Active Adult Total Fitness – Gym A & B Online & In-Person 8:45 - 10:00 AM – Sue Zumba – Gym A 10:10 – 11:00 AM - Rebecca Gentle Yoga – Online & In-Person June 9th 11:00 - 12:00 PM – Lori Indoor Cycling – Online & In-Person 12:00 - 1:00 PM – Josh Pickleball - Gym A & B 1:00 - 3:30 PM Y-HIIT – Gym A In-Person 5:30 – 6:30 PM - Noah Zumba –Small Gym 6:00 – 7:00 PM - Joann 18+ Adult Pick Up Basketball 7:30 – 8:45 PM – Gyms A & B	Outdoor Cycling 6:00 – 6:45 AM – Josh Adult Group Swim - Pool 6:00 – 7:00 AM – Meredith 18+ Adult Pick Up Basketball 6:00 – 8:00 AM – Gyms A & B Pickleball Gyms A & B 8:00 - 9:30 AM Outdoor Yoga – Backyard of YMCA 8:00 – 9:00 AM - Briel Zumba Gold – Gym A & B 10:00 – 11:00 AM – Joann Move, Stretch, Strength and Balance Online 10:00 – 11:00 AM – Sarah Boot Camp 12:00 - 1:00 PM - Josh Pickleball - Gym A & B 1:00 - 3:30 PM Y-Boxing – Gym A 5:30 – 6:30 PM - Jake Youth/Adult Tang Soo Do Karate – Small Gym 6:30 – 8:00 PM Pickup Volleyball - Gym A 7:00 – 8:45 PM	Boot Camp – Gym A & B 6:00 - 7:00 AM – Josh Pickleball Gyms A & B 7:00 - 8:45AM 9:00 – 9:30 AM Gym B only Active Adult Total Fitness – Gym A & B Online & In-Person 8:45 - 10:00 AM – Sue Move, Stretch, Strength and Balance - Online 10:00 – 11:00 AM – Sarah Gentle Pilates – Gyms A & B – Online 11:00 AM – 12:00 PM – Nicole/Amy Indoor Cycling – Online & In-Person 12:00 - 1:00 PM – Josh Pickleball - Gym A & B 1:00 - 3:30PM
				Saturday
				Pickleball Gym A 8:00 – 9:30 AM Zumba – Small Gym 9:30 – 10:30 AM – Melissa
				Sunday
				Yoga – Teen Center / Outside 10:00 – 11:00 PM – Briel *Class moves to teen center for inclement weather* Pickleball – Small Gym 10:00 – 11:30 AM

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/

Date: 5/28/21