

GROUP FITNESS CLASS SCHEDULE | SUMMER 1: JUNE 1- JULY 20

SUNDAY No Classes

MONDAY
Interval Training
7:00am-7:45am
In-person at the Y
Large Gym | Bruce

Water Fitness
11:00am-11:45am
In-person at the Y
Pool | Bruce

TUESDAY
Rise & Shine Yoga
9:00am-10:00am
In-person at the Y
Small Gym | Anu

Gentle Movements Yoga
10:15am-11:15am
In-person at the Y
Small Gym | Anu

WEDNESDAY
Boot Camp
7:00am-7:45am
In-person at the Y
Large Gym | Bruce

Water Fitness
11:00am-11:45am
In-person at the Y
Pool | Bruce

THURSDAY
Interval Training
7:00am-7:45am
In-person at the Y
Large Gym | Bruce

Water Fitness
11:00am-11:45am
In-person at the Y
Pool | Bruce

Mindfulness Based Stress Reduction
12:30pm-1:30pm
In-person at the Y
Wellness Studio 1 | Bruce

Chair Yoga
4:00pm-4:45pm
In-person at the Y
Multi-Purpose Room | Anu

Intro to Vinyasa Yoga
5:30pm-6:30pm
In-person at the Y
Small Gym | Anu

Water Fitness
6:15pm-7:00pm
In-person at the Y
Pool | Bruce

FRIDAY
Senior Strength
10:00am-11:00am
In-person at the Y
Large Gym | Bruce

Balance & Flexibility
11:00am-12:00pm
In-person at the Y
Large Gym | Bruce

SATURDAY
Bootcamp
8:15am-9:00am
In-person at the Y
Large Gym | Bruce
2nd and 4th Saturday

Power Vinyasa Yoga
9:00am-9:45am
In-person at the Y
Small Gym | Anu

Bootcamp Light
9:15am-10:00am
In-person at the Y
Large Gym | Bruce
2nd and 4th Saturday

Yin Restorative Yoga
10:00am-10:45am
In-person at the Y
Small Gym | Anu

Mindfulness Based Stress Reduction
11:00am-12:00pm
In-person at the Y
Wellness Studio 1 | Bruce
2nd and 4th Saturday

**RESERVATIONS
REQUIRED AND CAN
BE MADE IN YOUR
YMCA360 ACCOUNT.
3 consecutive no-
shows result in member
reservation privileges
being suspended.**

