

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
[Select Saturdays - See
YMCA360 Schedule](#)

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
[Select Saturdays - See
YMCA360 Schedule](#)

Yin Restorative Yoga

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

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

