

GROUP EXERCISE SCHEDULE (November 3rd-8th)

The 8th Street branch will be closed starting Sunday, November 2nd to allow for the transition to the new building. All classes will be held at the Ehlinger Center the week of November 3rd. We have done our best to run as many classes as possible with the limited space. Please see below for the schedule. We appreciate your understanding!

MONDAY

5:05am	BODYPUMP	Express Studio	Katie
7:15am	GRIT STRENGTH	Express Studio	Katie
8:00am	QIGONG MOBILITY	Express Studio	Greg
8:00am	LES MILLS CORE	Functional Studio	Julie
8:40am	BODYBALANCE FLEX	Recovery Zone	Julie
9:00am	AOA TONE & SCULPT	Express Studio	Pam
9:30am	TRX	Functional Studio	Dawn
10:15am	AOA STRENGTH & FLEX	Express Studio	Andrea
11:15am	FOREVERWELL CLASSIC	Express Studio	Andrea
5:00pm	TRX ENDURANCE	Functional Studio	Martha
5:15pm	BODYPUMP EXPRESS	Express Studio	Sarah
6:00pm	\$ MX4 FIT	Functional Studio	Brad
6:15pm	BODYBALANCE EXPRESS	Recovery Zone	Chrystal
6:30pm	ZUMBA/CHIZEL	Express Studio	Traci

TUESDAY

5:05am	BODYCOMBAT	Express Studio	Nicole
5:15am	BOOTCAMP	Functional Studio	Brad
7:00am	BODYPUMP EXPRESS	Express Studio	Julie
8:00am	POUND	Express Studio	Maria
8:00am	BODYBALANCE	Recovery Zone	Staff
9:15am	AOA BARRE	Express Studio	Pam
9:30am	BODYBALANCE	Recovery Zone	Dawn
10:15am	FOREVERWELL YOGA	Express Studio	Lea
11:45am	PARKINSONS EXERCISE	Express Studio	Joy
5:15pm	GRIT STRENGTH	Express Studio	Julie
6:15pm	POUND	Express Studio	Maria

WEDNESDAY

5:05am	BODYPUMP	Express Studio	Katie
7:15am	GRIT STRENGTH	Express Studio	Jaime
8:00am	BODYCOMBAT	Express Studio	Angela
8:00am	TONE & SCULPT	Functional Studio	Jaime
9:10am	TRX EXPRESS	Functional Studio	Dawn
9:15am	ZUMBA GOLD	Express Studio	Chrystal
10:00am	\$ MX4 FIT	Functional Studio	Jaime
10:15am	AOA STRENGTH & FLEX	Express Studio	Andrea
10:45am	LES MILLS CORE	Functional Studio	Jaime
11:15am	FOREVERWELL CLASSIC	Express Studio	Andrea
5:15am	BODYPUMP EXPRESS	Express Studio	Sarah
6:00pm	\$ MX4 FIT	Functional Studio	Jaime
6:30pm	ZUMBA	Express Studio	Traci

THURSDAY

5:05am	GRIT STRENGTH	Express Studio	Katie
7:00am	STRENGTH DEV	Express Studio	Jaime
8:00am	BODYPUMP	Express Studio	Katie
8:00am	BODYBALANCE	Recovery Zone	Angela
8:15am	WALK THE Y	Outside	Maria
9:15am	AOA BARRE	Express Studio	Pam
9:30am	BODYBALANCE	Recovery Zone	Chrystal
10:15am	FOREVERWELL YOGA	Express Studio	Maria
5:00pm	ZUMBA	Express Studio	Maria
6:15pm	POUND	Express Studio	Maria

FRIDAY

5:05am	BODYPUMP/CORE	Express Studio	Jaime
5:15am	BODYBALANCE	Recovery Zone	Chrystal
6:30am	WALK THE Y	Outside	Jaime
8:00am	QI GONG MOBILITY	Express Studio	Greg
8:00am	LES MILLS CORE	Functional Studio	Jaime
8:40am	BODYBALANCE	Recovery Zone	Angela
9:00am	TONE & SCULPT	Functional Studio	Jill
9:15am	ZUMBA GOLD	Express Studio	Chrystal
10:00am	\$ MX4 FIT	Functional Studio	Carly
10:15am	AOA STRENGTH & FLEX	Express Studio	Lea
11:15am	FOREVERWELL CLASSIC	Express Studio	Lea

SATURDAY

***Community Showcase 2:30-4:30pm**

7:15am	BODYPUMP EXPRESS	Express Studio	Katie
8:15am	BODYBALANCE	Express Studio	Nicole
9:15am	STRENGTH DEV	Express Studio	Chrystal
10:15am	ZUMBA	Express Studio	Chrystal

CHECK THE GROUP EX SCHEDULE

Group Exercise Schedules are subject to change.

Scan the QR code for the most up to date schedule or visit www.glcymca.org or the Y app.

