

GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5							
6	6:00-6:45 Group Cycling Cycling Studio	6:00-7:00 Group Cycling Cycling Studio	6:00-6:45 Group Cycling Cycling Studio	6:00-7:00 Group Cycling Cycling Studio	6:00-6:45 Group Cycling Cycling Studio		
	6:00-6:45 Step Wellness 1		6:00-6:45 Step Wellness 1		6:00-6:45 Step Wellness 1		
	6:30-7:30 Yoga Reflection Studio		6:30-7:30 Yoga Reflection Studio		6:30-7:30 Yoga Reflection Studio		
7		7:00-8:00 Pilates Reflection Studio		7:00-8:00 Pilates Reflection Studio			
8	8:00-9:00 Cardio Strength Wellness 1	8:15-9:15 Stretch Reflection Studio	8:00-9:00 Cardio Strength Wellness 1	8:15-9:15 Stretch Reflection Studio	8:00-9:00 Cardio Strength Wellness 1	8:15-9:15 Group Cycling Cycling Studio	
	8:15-9:15 Tai Chi Reflection Studio		8:15-9:15 Tai Chi Reflection Studio			8:15-9:15 Zumba Wellness 1	
9	9:00-10:00 Active Older Adults Wellness 1	9:15-10:15 Turbo Kick Wellness 1	9:00-10:00 Active Older Adults Wellness 1	9:30-10:30 Senior Yoga Reflection Studio	9:00-10:00 Active Older Adults Wellness 1	8:30-9:30 Pilates Reflection Studio	
	9:15-10:15 Cardio Sculpt Wellness 2	9:30-10:30 Senior Yoga Reflection Studio	9:15-10:15 Step 101 Wellness 2		9:15-10:15 Cardio Sculpt Wellness 2	9:30-10:30 Cardio Sculpt Wellness 1	
	9:30-10:30 Group Cycling Cycling Studio	9:30-10:15 Group Cycling Cycling Studio	9:30-10:00 Group Cycling 101 Cycling Studio		9:30-10:15 Group Cycling Cycling Studio	9:45-11:15 Yoga Reflection Studio	
	9:30-11:00 Yoga Reflection Studio		9:30-11:00 Yoga Reflection Studio		9:30-10:30 Yoga Reflection Studio		
10	10:30-11:30 Enhance Fitness Wellness 2	10:30-12:00 Yoga Reflection Studio	10:30-11:30 Enhance Fitness Wellness 2	10:30-12:00 Yoga Reflection Studio	10:30-11:30 Enhance Fitness Wellness 2	10:30-11:30 Karate Wellness 2	10:15-11:45 Meditative Yoga Reflection Studio
11	11:40-12:40 Odyssey HS P.E. Wellness 2	11:30-12:30 Silver Sneakers MSROM Wellness 2	11:40-12:40 Odyssey HS P.E. Wellness 2	11:30-12:30 Silver Sneakers MSROM Wellness 2			
12	12:15-1:15 Cardio Sculpt Wellness 1	12:15-1:15 Body Shop Wellness 1	12:15-1:15 Cardio Sculpt Wellness 1	12:15-1:15 Step Wellness 1	12:15-1:15 Cardio Sculpt Wellness 1		
	12:15-1:15 Yoga Reflection Studio	12:15-1:00 Group Cycling Cycling Studio	12:15-1:15 Yoga Reflection Studio	12:30-1:30 EZ Riders Cycling Studio			

MATT GRIFFIN YMCA
SCHEDULE EFFECTIVE OCTOBER 5



GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	1:00-2:00 Odyssey HS P.E. Wellness 2	1:00-2:00 Odyssey HS P.E. Wellness 2	1:00-2:00 Odyssey HS P.E. Wellness 2	1:00-2:00 Odyssey HS P.E. Wellness 2			
3				3:45-5:15 Yoga Reflection Studio			
4		4:00-5:00 Specialized Rec Wellness 2	4:00-5:00 Teen Fitness Wellness 1				
5	5:30-6:30 Zumba Wellness 1	5:15-6:15 Running Group *see flyer	5:30-6:30 Zumba Wellness 1	5:30-6:30 Karate Wellness 2	5:30-6:30 Zumba Wellness 1		
	5:30-7:00 Yoga Reflection Studio	5:30-6:30 Karate Wellness 2	5:30-6:30 Yoga 101 Reflection Studio	5:30-6:30 Pilates Reflection Studio	5:30-6:15 Group Cycling Cycling Studio		
		5:30-6:30 Pilates Reflection Studio	5:30-6:30 Cardio Kickboxing Wellness 2		5:30-7:00 Yoga Reflection Studio		
6	6:00-7:00 Group Cycling Cycling Studio	6:30-8:00 Kundalini Yoga Reflection Studio	6:00-7:00 Group Cycling 101 Cycling Studio	6:30-8:00 Kundalini Yoga Reflection Studio			
		6:30-7:30 Group Cycling Cycling Studio	6:45-7:45 Step 101 Wellness 1	6:30-7:30 Group Cycling Cycling Studio			
		6:45-7:45 Zumba Wellness 1	6:45-8:15 Women's Only Yoga Reflection Studio	6:45-7:45 Zumba Wellness 1			
7	7:00-8:00 Bellydance Wellness 2						
8	8:00-9:00 Breakdancing Wellness 1						

CONTACT INFORMATION

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Although it is always our intention to follow the scheduled format, times may change without notice when necessary. We appreciate your cooperation.

MATT GRIFFIN YMCA
SCHEDULE EFFECTIVE OCTOBER 5

