



A.M. GROUP EXERCISE SCHEDULE

Effective October 1, 2017 - December 31, 2017
AUBURN VALLEY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM	5:30-6:30 Cycle - All Levels (Bruce) CS	5:30-6:30 Body Sculpt & Core (Bruce) MPR	5:30-6:15 Cycle - All Levels (Lorie) CS		5:30-6:30 Cycle - All Levels (Bruce) CS	
6:00AM	6:00-7:00 Early Birds Workout Volunteer Led MPR/Gym/Pool		6:00-7:00 Early Birds Workout Volunteer Led MPR/Gym/Pool		6:00-7:00 Early Birds Workout Volunteer Led MPR/Gym/Pool	
6:30AM	6:30-8:00 Cardiac Wellness (Nancy RN & Cheri) FC/MPR		6:30-8:00 Cardiac Wellness (Nancy RN & Anne) FC/MPR	6:30-8:00 Cardiac Wellness (Cheri) FC/RR		
8:00AM	8:00-9:00 AquaFit (Susie) Lap Pool	8:00-9:00 AquaFit (Susie) Lap Pool	8:00-9:00 AquaFit (Susie) Lap Pool	8:00-9:00 AquaFit (Susie) Lap Pool	8:00-9:00 AquaFit (Susie) Lap Pool	
	8:00-9:00 AquaFit 5-1/2ft (Adrienne) Activity Pool	8:00-9:00 AquaFit 5-1/2ft (Adrienne) Activity Pool	8:00-9:00 AquaFit 5-1/2ft (Adrienne) Activity Pool	8:00-9:00 AquaFit 5-1/2ft (Adrienne) Activity Pool	8:00-9:00 AquaFit 5-1/2ft (Adrienne) Activity Pool	
8:30AM	8:30-9:15 Cardiac Wellness (Cheri) MPR	8:30-9:15 Tai Chi/Qigong I (Susan) RR		8:30-9:15 Cardiac Wellness (Anne) MPR		8:30-9:30 Sports Conditioning (Mark) Gym/Outside
9:00AM	9:00-10:00 Arthritis and Injury (Vicky) Activity Pool	9:00-10:00 AquaFit (Susie) Lap Pool	9:00-10:15 Mat Pilates (Cheri) RR	9:00-10:00 AquaFit (Susie) Lap Pool	9:00-10:00 Yoga - Vinyasa Flow (Lacey) RR	9:00-9:55 Cardio Strength (Rotating) MPR
		9:00-10:00 AquaFit 5-1/2ft (Adrienne) Activity Pool	9:00-10:00 Arthritis and Injury (Vicky) Activity Pool	9:00-10:00 AquaFit 5-1/2ft (Adrienne) Activity Pool	9:00-10:00 Arthritis and Injury (Vicky) Activity Pool	9:00-10:15 Yoga - Radiant Health (Alisa) RR
						9:00-10:00 AquaFit (Denise) Lap Pool
9:30AM	9:30-10:25 Cardio Strength (Teri) MPR	9:30-10:45 Interval Training (Teri) MPR	9:30-10:30 Zumba (Chrissy) MPR	9:30-10:30 STEP (Kerry) MPR	9:30-10:30 Cardio Strength (Teri) MPR	
		9:30-10:30 Cycle - All Levels (Bre) CS		9:30-10:30 Cycle - All Levels (Val N.) CS		
		9:30-10:25 Yoga - Alignment Based (Terry) RR		9:30-10:25 Yoga - Restorative (Terry) RR		
10:00AM	10:00-11:00 HIIT plus Core (Val F.) Gym		10:00-11:00 Sports Conditioning (Mark) Gym		10:00-11:00 Arthritis and Injury (Vicky) Activity Pool	10:00-10:25 Core Strength (Rotating) MPR
	10:00-11:00 Yoga - Vinyasa Flow (Audrey) RR		10:00-11:00 Arthritis and Injury (Vicky) Activity Pool			
	10:00-11:00 Arthritis and Injury (Vicky) Activity Pool					
10:30AM	10:30-10:55 Core Strength (Teri) MPR			10:30-10:45 Core Strength (Kerry) MPR	10:30-10:55 Core Strength (Teri) MPR	10:30-11:30 Zumba (Carrie) MPR
					10:30-11:30 Active Older Adults Yoga (Colleen) RR	10:30-11:15 Pre-Ballet Ages 3-4 (Deana) RR \$
11:00AM	11:00-11:55 Active Older Adults Cardio Dance (Chrissy) MPR	11:00-11:55 Active Older Adults Cardio Circuit (Anne) MPR	11:00-11:55 Active Older Adults Cardio Circuit (Jay) MPR	11:00-11:55 Active Older Adults Cardio Circuit (Bre) MPR	11:00-12:00 Zumba (Chrissy) MPR	
	11:00-12:00 AOA AquaFit (Laurie) Lap Pool	11:00-12:00 Tai Chi for Health (Susan) RR	11:00-12:00 AOA AquaFit (Laurie) Lap Pool	11:00-12:00 Tai Chi for Health (Susan) RR	11:00-12:00 AOA AquaFit (Laurie) Lap Pool	
11:15AM	11:15-11:45 Kids in Action Ages 2-5 (Michelle) RR		11:15-11:45 Kids in Action Ages 2-5 (Michelle) RR			11:15-12:00 Ballet Ages 5-8 (Deana) RR \$



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00		12:00-1:00 Arthritis and Injury (Jacque) Activity Pool		12:00-1:00 Arthritis and Injury (Jacque) Activity Pool		12:00-2:00 Karate Training (Participant Led) MPR \$	
12:10	12:10-1:00 Active Older Adults MSROM (Cheri) MPR	12:10-1:00 Active Older Adults MSROM (Anne) MPR		12:10-1:00 Active Older Adults MSROM (Bre) MPR			
12:30							12:30-1:30 Zumba (Ivonne) MPR
1:00	1:05-2:00 Active Older Adults Yoga (Chrissy) RR		1:00-2:00 Active Older Adults Yoga (Dee) RR		1:00-2:00 Room Reserved RR		
3:00	3:00-4:00 AquaFit 5-1/2ft (Karen) Activity Pool		3:00-4:00 AquaFit 5-1/2ft (Karen) Activity Pool	3:00-4:00 AquaFit 5-1/2ft (Karen) Activity Pool			
4:30		4:30-5:25 Body Sculpt (Joy) MPR		4:30-5:25 Basic Zumba (Chrissy) MPR	4:30-5:30 Family Zumba (Jenni) MPR		
5:00	5:00-5:55 Zumba (Chrissy) MPR		5:00-5:55 STEP (Tina) MPR				
5:15	5:15-6:15 Yoga - All Levels (Janet) RR		5:15-6:15 Yoga - All Levels (Janet) RR				
5:30		5:30-6:25 Mat Pilates (Liz) RR		5:30-6:25 Mat Pilates (Bre) RR			
		5:30-6:30 Karate II (Greg) Community Rm \$		5:30-6:30 Karate II (Greg) Community Rm \$			
6:00	6:00-7:00 Cardio Strength (Kerry) MPR	6:00-7:00 STEP (Kerry) MPR	6:00-7:00 Body Sculpt (Julia) MPR	6:00-7:00 Interval (Roxy) MPR		6:00-6:45 Cycle 45 (Bre) CS	
6:15	6:15-6:45 Family Yoga (Janet) RR		6:15-6:45 Family Yoga (Janet) RR				
6:30		6:30-7:30 Karate I (RJ) RR \$		6:30-7:30 Karate I (RJ) RR \$			
		6:30-7:30 Karate III (Greg) Community Rm \$		6:30-7:30 Karate III (Greg) Community Rm \$			
7:00	7:00-8:00 Zumba (Laurel/Ana) Gym	7:00-8:00 Cycle Circuit (Ana) CS	7:00-8:00 Zumba (Ana/Kanani) Gym		7:00-8:00 Zumba (Roxy) Gym		
	7:00-8:00 Kids Cardio Blast Ages 5-11 Sign in-AZ (MPR)		7:00-8:00 Kids Cardio Blast Ages 5-11 Sign in-AZ (MPR)				
	7:00-8:15 Yoga - Hatha Flow (Terry) RR		7:00-8:00 Above the Barre (Vicky) RR				
	7:00-8:00 AquaFit (Denise) Lap Pool	7:00-8:00 AquaFit 5-1/2ft (Mary) Activity Pool	7:00-8:00 AquaFit (Denise) Lap Pool	7:00-8:00 AquaFit 5-1/2ft (Mary) Activity Pool			
7:15		7:15-8:15 Turbo Kick@ (Rebeca) MPR		7:15-8:15 Turbo Kick@ (Rebeca) MPR			

Bold Print=change to class
MPR= Multipurpose Room
RR= Reflection Room
THR= Total Health Room
CS=Cycling Studio
FC=Fitness Center
AZ= Adventure Zone
\$=Additional fee required
****New format to your YMCA**

We reserve the right to change the schedule without notice due to special events, training, maintenance or class needs.

As a courtesy to others, please arrive to classes on time. Members arriving more than 15 minutes late may be asked to leave by the class instructor.

Color Code Key:

- Class in Gym or Cycle Studio
- Class in Pool
- Class in Reflection Room
- Class in MultiPurpose Room
- Class in Community Room