



# A.M. GROUP EXERCISE SCHEDULE

Effective May 1, 2018 - June 30, 2018  
AUBURN VALLEY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	5:30-6:30 Cycle (Bruce) CS	5:30-6:30 Strength & Conditioning (Bruce) MPR	5:30-6:15 Cycle (Carrie S) CS		5:30-6:30 Cycle (Bruce) CS	
6:00	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	
6:30	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		
8:00	8:00-9:00 Aqua HIIT (Rotating) Lap Pool	8:00-9:00 Aqua Fitness (Rotating) Lap Pool	8:00-9:00 Aqua HIIT (Rotating) Lap Pool	8:00-9:00 Aqua Fitness (Rotating) Lap Pool	8:00-9:00 Aqua Fitness (Rotating) Lap Pool	
	8:00-9:00 Aqua Fitness - Deep Water (Adrienne) Activity Pool	8:00-9:00 Aqua Fitness - Deep Water (Adrienne) Activity Pool	8:00-9:00 Aqua Fitness - Deep Water (Adrienne) Activity Pool	8:00-9:00 Aqua Fitness - Deep Water (Adrienne) Activity Pool	8:00-9:00 Aqua Fitness - Deep Water (Adrienne) Activity Pool	
8:30	8:30-9:15 Cardiac Wellness (Cheri) MPR	8:30-9:15 Tai Chi & Qigong (Susan) RR		8:30-9:15 Cardiac Wellness (Anne) MPR		8:30-9:30 Sports Conditioning (Mark) Gym/Outside
9:00	9:00-10:00 Aqua Fitness (Lavoy) Lap Pool	9:00-10:00 Aqua Fitness (Rotating) Lap Pool	9:15-10:15 Mat Pilates (Cheri) RR	9:00-10:00 Aqua Fitness (Rotating) Lap Pool	9:00-10:00 Vinyasa Yoga (Lacey) RR	9:00-9:55 Cardio Strength (Rotating) MPR
	9:00-9:45 Aqua Arthritis and Injury (Vicky) Activity Pool	9:00-10:00 Aqua Fitness - Deep Water (Adrienne) Activity Pool	9:00-10:00 Aqua Fitness (Lavoy) Lap Pool	9:00-10:00 Aqua Fitness - Deep Water (Adrienne) Activity Pool	9:00-10:00 Aqua Fitness (Lavoy) Lap Pool	9:00-10:15 Yoga - Radiant Health (Alisa) RR
			9:00-9:45 Aqua Arthritis and Injury (Vicky) Activity Pool		9:00-9:45 Aqua Arthritis and Injury (Vicky) Activity Pool	9:00-10:00 Aqua Fitness (Denise) Lap Pool
9:30	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 (Julia) MPR	9:30-10:30 Cardio Strength (Teri) MPR	
		9:30-10:30 Cycle (Patty) CS		9:30-10:30 Cycle (Val N.) CS		
		9:30-10:25 Alignment Yoga (Terry) RR		9:30-10:25 Restorative Yoga (Terry) RR		
10:00	10:00-11:00 HIIT plus Core (Val F.) Gym		10:00-11:00 Sports Conditioning (Mark) Gym		10:00-10:45 Aqua Arthritis and Injury (Vicky) Activity Pool	10:00-10:25 Core Strength (Rotating) MPR
	10:00-11:00 Vinyasa Yoga (Audrey) RR		10:00-10:45 Aqua Arthritis and Injury (Vicky) Activity Pool			
	10:00-10:45 Aqua Arthritis and Injury (Vicky) Activity Pool					
10:30						10:30-11:30 Zumba (Carrie) MPR
					10:30-11:30 AOA Yoga (Colleen) RR	10:30-11:15 Pre-Ballet Ages 3-4 (Deana) RR \$
11:00	11:00-11:55 AOA Cardio Dance (Chrissy) MPR	11:00-11:55 AOA Circuit (Rotating) MPR	11:00-11:55 AOA Circuit (Jay) MPR	11:00-11:55 AOA Circuit (Anne) MPR	11:00-12:00 Zumba (Chrissy) MPR	
	11:00-12:00 AOA Aqua Fitness (Patty) Lap Pool	11:00-12:00 Tai Chi & Qigong (Susan) RR	11:00-12:00 AOA Aqua Fitness (Patty) Lap Pool	11:00-12:00 Tai Chi & Qigong (Susan) RR	11:00-12:00 AOA Aqua Fitness (Patty) Lap Pool	
11:15	11:15-11:45 Kids in Action Ages 2-5 (Julia) 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		12:00-12:45 Aqua Arthritis and Injury (Jacque) Activity Pool		12:00-12:45 Aqua Arthritis and Injury (Jacque) Activity Pool		12:00-2:00 Karate Open Dojo MPR	
12:10	12:10-1:00 AOA Chair Fitness (Cheri) MPR	12:10-1:00 AOA Chair Fitness (Rotating) MPR		12:10-1:00 AOA Chair Fitness (Anne) MPR			
12:30							12:30-1:30 Zumba (Ivonne) MPR
1:00	1:05-2:00 AOA Yoga (Chrissy) RR		1:00-2:00 AOA Yoga (Dee) RR				
2:00							2:00-4:00 Karate Open Dojo MPR
3:00	3:00-4:00 Aqua Fitness - Deep Water (Karen) Activity Pool		3:00-4:00 Aqua Fitness - Deep Water (Karen) Activity Pool	3:00-4:00 Aqua Fitness - Deep Water (Karen) Activity Pool			
4:30		4:30-5:25 Strength & Core (Joy) MPR		4:30-5:25 Zumba (Chrissy) MPR	4:30-5:30 Family Dance (Jenni) MPR		
5:00	5:00-5:55 Zumba (Colleen) MPR		5:00-5:55 STEP (Tina) MPR				
5:15	5:15-6:15 Yoga Flow (Janet) RR		5:15-6:15 Yoga Flow (Janet) RR				
5:30		5:30-6:25 Mat Pilates (Liz) RR		5:30-6:25 Core & More (Colleen) RR			
		5:30-6:45 Intermediate Karate Comm. Rm \$		5:30-6:45 Intermediate Karate Comm. Rm \$			
6:00	6:00-7:00 Cardio Strength (Kerry) MPR	6:00-7:00 STEP (Kerry) MPR	6:00-7:00 Interval (Kerry) MPR	6:00-7:00 Interval (Roxy) MPR			
6:15	6:15-6:45 Family Yoga (Janet) RR		6:15-6:45 Family Yoga (Janet) RR				
6:30		6:30-7:30 Beginning Karate RR \$		6:30-7:30 Beginning Karate RR \$			
6:45		6:45-8:00 Advanced Karate Comm. Rm \$		6:45-8:00 Advanced Karate Comm. Rm \$			
7:00	7:00-7:55 Zumba (Laurel/Ana) Gym	7:00-7:45 Cycle (Carrie S) CS	7:00-7:55 Zumba (Ana/Kanani) Gym		7:00-7:55 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 Hatha Yoga (Terry) RR		7:00-8:00 Above the Barre (Vicky) RR				
	7:00-8:00 Aqua Fitness (Denise) Lap Pool	7:00-8:00 Aqua Fitness - Deep Water (Mary) Activity Pool	7:00-8:00 Aqua Fitness (Denise) Lap Pool	7:00-8:00 Aqua Fitness - Deep Water (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