



A.M. GROUP EXERCISE SCHEDULE

SEPTEMBER 2019
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	5:30-6:15 Strength & Conditioning (Vicky) MPR	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	
7:00	7:00-8:00 Cardiac Wellness (Cheri) FC/MPR		7:00-8:00 Cardiac Wellness (Anne) FC/MPR	7:00-8:00 Cardiac Wellness (Cheri) FC/RR		
8:00	8:00-9:00 Aqua Fitness (Lavoy) Lap Pool	8:00-9:00 Aqua HIIT (Susie) Lap Pool	8:00-9:00 Aqua Fitness (Lavoy) Lap Pool	8:00-9:00 Aqua HIIT (Susie) Lap Pool	8:00-9:00 Aqua Fitness (Lavoy) 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	
			8:00-8:55 Beginning Tai Chi & Qigong (Susan) RR			8:15-9:45 Cycle-Power Pedal (Greg) CS
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 HIIT (Susie) Lap Pool	9:15-10:15 Pilates Mat (Cheri) RR	9:00-10:00 Aqua HIIT (Susie) Lap Pool	9:15-10:15 Yoga- Vinyasa 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 (Lavoy) Lap Pool		9:00-10:00 Aqua Fitness (Lavoy) Lap Pool	9:00-10:15 Yoga - All Levels (Alisa) RR
	9:00-9:55 Barre (Grace) 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 ***Belly Dance (Talia) MPR	9:30-10:25 Cardio Strength (Teri) MPR	
		9:30-10:30 Cycle (Megan) CS		9:30-10:30 Cycle (Val N.) CS		
		9:30-10:30 Yoga- Vinyasa (Colleen) RR		9:30-10:30 Yoga- Gentle (Colleen) RR		
10:00	10:00-11:00 Yoga- Vinyasa (Colleen) RR		10:00-11:00 Sports Conditioning (Mark) Gym/Outside		10:00-11:00 Sports Conditioning (Naziyr) Gym/Outside	10:00-10:25 Core Strength- Express (Rotating) MPR
	10:00-10:45 Aqua Arthritis and Injury (Vicky) Activity Pool		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- 10:55 Core Strength- Express (Teri) MPR	10:30-11:30 Zumba (Carrie) MPR
					10:30-11:30 Active Older Adult Yoga (Colleen) RR	10:30-11:15 Pre-Ballet Ages 3-4 (Deana) RR \$
11:00	11:00-11:55 Active Older Adult Dance (Chrissy) MPR	11:00-11:55 Active Older Adult Circuit (Rotating) MPR	11:00-11:55 Active Older Adult Circuit (Jay) MPR	11:00-11:55 Active Older Adult Circuit (Grace) MPR	11:00-12:00 Zumba (Chrissy) MPR	
	11:00-12:00 Active Older Adult Aqua Fitness (Zita) Lap Pool	11:00-12:00 Tai Chi & Qigong (Susan) RR	11:00-12:00 Active Older Adult Aqua Fitness (Zita) Lap Pool	11:00-12:00 Tai Chi & Qigong (Susan) RR	11:00-12:00 Active Older Adult Aqua Fitness (Journey) Lap Pool	
11:15	11:15-11:45 Kids in Action Ages 2-5 (Tammy) RR		11:15-11:45 Kids in Action Ages 2-5 (Tammy) 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 Active Older Adult Chair Strength (Cheri) MPR	12:10-1:00 Active Older Adult Chair Strength (Rotating) MPR		12:10-1:00 Active Older Adult Chair Strength (Grace) MPR			
12:30							12:30-1:30 Zumba (Ivonne) MPR
1:00	1:05-2:00 Active Older Adult Yoga (Chrissy) RR						
2:00	2:00-4:30 Table Tennis MPR		2:00-4:30 Table Tennis MPR		2:00-4:30 Table Tennis MPR		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 Total Body Conditioning (Joy) MPR		4:30-5:25 Zumba (Chrissy) MPR			
5:00	5:00-5:55 Zumba (Mayre) MPR		5:00-5:55 STEP (Tina) MPR		5:00-6:00 Family Fitness-Dance (Jenni) MPR		
5:15	5:15-6:15 Yoga- Vinyasa (Janet) RR		5:15-6:15 Yoga- Vinyasa (Janet) RR				
5:30		5:30-6:25 Pilates Mat (Liz) RR		5:30-6:25 Core Strength (Liz) RR			
		5:30-6:45 Intermediate Karate Comm. Rm \$		5:30-6:45 Intermediate Karate Comm. Rm \$			
5:45	5:45- 6:45 Cycle-Power Pedal (Greg) CS			5:45- 6:45 Cycle-Power Pedal (Greg) CS			
6:00	6:00-7:00 Cardio Strength (Kerry) MPR	6:00-7:00 ***Boot Camp (Naziyr) MPR	6:00-7:00 Cardio Strength (Kerry) MPR	6:00-7:00 ***Boot Camp (Naziyr) MPR	6:00-6:55 ***Belly Dance (Talia) MPR		
6:15	6:15-6:45 Yoga- Family (Janet) RR		6:15-6:45 Yoga- Family (Janet) RR				
6:30		6:30-7:30 Beginning Karate RR \$	6:30-7:30 **Circuit Training (Mark) Comm. Rm	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	7:05-8:00 Zumba (Laurel/Ana) Gym	6:30-7:30 Cycle (Carrie S) CS	7:05-8:00 Zumba (Melody/Kanani) Gym		7:00-7:30 Family Belly Dance (Talia) MPR		
	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)		7:05-8:00 Zumba (Mayre/La'Chelle) Gym		
	7:00-8:15 Yoga- All Levels (Kristi) RR		7:00-8:00 Yoga- All Levels 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 ***Zumba Strong (Isabel) MPR		7:15-8:15 Interval Training (Angela) 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**
Seasonal=Check monthly
 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