



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

JULY 6 – JULY 25

## STUDIO A OPEN TO 18 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 – 8:45am</b>	Active Older Adult (1) (Kristy)		Active Older Adult (1) (Kristy)		Active Older Adult (1) (Kristy)	
<b>9:00 – 9:45am</b>						Total Body Blast (2-3) (Erin)
<b>10:00 – 10:45am</b>	Low-Impact Cardio (0) (Tania)	Total Body Blast (2-3) (Shelly)	Low-Impact Cardio (0) (Tania)	Total Body Blast (2-3) (Shelly)	Low-Impact Cardio (0) (Tania)	
<b>11:15 – 11:45am</b>	LiveSTRONGER (1) (Erin)	SilverSneakers (Margie)	LiveSTRONGER (1) (Erin)	SilverSneakers (Margie)	LiveSTRONGER (1) (Erin)	
<b>7:00 – 7:45pm</b>		Butts n Guts (2-3) (Erin)		Butts n Guts (2-3) (Holly)		

## STUDIO B OPEN TO 7 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Personal Training</b>					
<b>9:00 – 9:30am</b>	TRX Kettlebell Fusion (2-3) (Erin)		TRX Kettlebell Fusion (2-3) (Erin)		TRX Kettlebell Fusion (2-3) (Erin)
<b>6:00 – 6:45pm</b>	Cycling (Erin/Laura) (0)		Cycling (Shelley) (0)		

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0



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# GROUP FITNESS SCHEDULE

JULY 27 – AUGUST 15

## STUDIO A

OPEN TO 18 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:15am</b>	Total Body Blast (2-3) (Andy)	Low-Impact Cardio (0) (Karrie)		Low-Impact Cardio (0) (Karrie)		
<b>8:00 – 8:45am</b>	Active Older Adult (1) (Kristy)	Dance it Off (1) (Paula) *No class August 4th	Active Older Adult (1) (Kristy)	Dance it Off (1) (Paula) *No class August 6th	Active Older Adult (1) (Kristy)	
<b>9:00 – 9:45am</b>						Total Body Blast (2-3) (Erin)
<b>10:00 – 10:45am</b>	Low-Impact Cardio (0) (Erin)	Total Body Blast (2-3) (Shelly)	Low-Impact Cardio (0) (Shelly)	Total Body Blast (2-3) (Shelly)	Low-Impact Cardio (0) (Erin)	
<b>11:15 – 12pm</b>	LiveSTRONGER (1) (Erin)	SilverSneakers (Margie)	LiveSTRONGER (1) (Erin)	SilverSneakers (Margie)	LiveSTRONGER (1) (Erin)	
<b>7:00 – 7:45pm</b>		Butts n Guts (2-3) (Erin)		Butts n Guts (2-3) (Holly)		

## STUDIO B

OPEN TO 7 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Personal Training</b>					
<b>8:30am – 9:00am</b>	TRX Kettlebell Fusion (2-3) (Erin)		TRX Kettlebell Fusion (2-3) (Erin)		TRX Kettlebell Fusion (2-3) (Erin)
<b>6:00 – 6:45pm</b>	Cycling (Erin/Laura) (0)		Cycling (Shelley) (0)		

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0

The Y is opening in phases as we work to protect the health and safety of our members, staff and community.

At this time . . . . .

- Members age 16+ are welcome on their own.
- Members age **13 – 15 are welcome in classes. YOUTH MUST** be accompanied and under direct supervision of an adult member age 19+ at all times when in the facility and classes.
- All locker rooms and showers will open to all users. Social distancing is strongly encouraged.
- No towel service.