



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

**AUG 17 – SEPT 12**

## STUDIO A

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6am	<b>Total Body Blast (2-3) (Andy)</b>	<b>Low-Impact Cardio (0) (Karrie)</b>		<b>Low-Impact Cardio (0) (Karrie)</b>		
8:00 – 8:45am	Active Older Adult (1) (Kristy)	Dance it Off (1) (Paula)	Active Older Adult (1) (Kristy)	Dance it Off (1) (Paula)	Active Older Adult (1) (Kristy)	
9:00 – 9:45am						Total Body Blast (2-3) (Erin) *8/29 Bridge to Bridge run – no class
10:00 – 10:45am	Low-Impact Cardio (0) (Tania)	Total Body Blast (2-3) (Shelly)	Low-Impact Cardio (0) (Brittany)	Total Body Blast (2-3) (Shelly)	Low-Impact Cardio (0) (Tania)	
11:00 – 11:45am	LiveSTRONGER (1) (Erin)	SilverSneakers (Margie)	LiveSTRONGER (1) (Brittany)	SilverSneakers (Margie)	LiveSTRONGER (1) (Erin)	
7:00 – 7:45pm		Butts n Guts (2-3) (Erin)		Butts n Guts (2-3) (Holly)		

## STUDIO B

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Personal Training</b>					
9:15 – 9:45am	TRX Kettlebell Fusion (2-3) (Erin)		TRX Kettlebell Fusion (2-3) (Brittany)		TRX Kettlebell Fusion (2-3) (Erin)
6:00 – 6:45pm	Cycling (Erin/Laura) (0)		Cycling (Shelley) (0)		

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

SEPT 14 – OCT 4

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6am	Total Body Blast (2-3) (Andy)	Low-Impact Cardio (0) (Karrie)		Low-Impact Cardio (0) (Karrie)		
8:00 – 8:45am	Active Older Adult (1) (Kristy)	Dance it Off (1) (Paula)	Active Older Adult (1) (Kristy)	Dance it Off (1) (Paula)	Active Older Adult (1) (Kristy)	
9:00 – 9:45am						Total Body Blast (2-3) (Erin)
10:00 – 10:45am	Low-Impact Cardio (0) (Tania)	Total Body Blast (2-3) (Shelly)	Low-Impact Cardio (0) (Brittany)	Total Body Blast (2-3) (Shelly)	Low-Impact Cardio (0) (Tania)	
11:00 – 11:45am	LiveSTRONGER (1) (Brittany)	SilverSneakers (Margie)	LiveSTRONGER (1) (Brittany)	SilverSneakers (Margie)	LiveSTRONGER (1) (Erin)	
7:00 – 7:45pm		Butts n Guts (2-3) (Erin)		Butts n Guts (2-3) (Holly)		

## STUDIO B OPEN TO FIRST 8 PARTICIPANTS | PARTICIPANTS CAN REGISTER A HALF HOUR EARLY

	Monday	Tuesday	Wednesday	Thursday	Friday
Personal Training					
9:15 – 9:45am	Boot Camp (2-3) (Brittany)		Boot Camp (2-3) (Brittany)		Boot Camp (2-3) (Erin)
6:00 – 6:45pm	Cycling (Laura/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.