<table>
<thead>
<tr>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hatha Yoga</strong></td>
<td>6:15 - 7:10 am (A) Adam J.</td>
<td>6:15 - 7:15 am (G) Laurie G.</td>
<td>6:30 - 7:25 am (B) Diana P.</td>
<td>6:00 - 6:25 am (A) Stephanie W.</td>
<td>9:00 - 9:55 am (B) Lisa B.</td>
<td>8:15 - 9:30 am (A) Ahndi F.</td>
<td>9:00 - 9:55 am (A) Ahndi F.</td>
</tr>
<tr>
<td><strong>Hatha Yoga</strong></td>
<td>9:00 - 9:55 am (A) Bess N.</td>
<td><strong>SilverSneakers® Classic</strong> 9:30 - 10:15 am (G) Shelli P.</td>
<td><strong>Pumped!</strong> 8:30 - 9:30 am (G) Diana P.</td>
<td><strong>Pumped!</strong> 6:15 - 7:15 am (G) Meredith L.</td>
<td><strong>Circuit</strong> 9:00 - 9:55 am (A) Tara D.</td>
<td><strong>Vinyasa Yoga</strong> 9:00 - 9:55 am (A) Dawn C.</td>
<td><strong>Pumped!</strong> 9:00 - 10:00 am (G) Diana P./ Jann D.</td>
</tr>
<tr>
<td><strong>Cycle 55</strong></td>
<td>9:30 - 10:25 am (B) Carrie C.</td>
<td><strong>Chisel</strong> 9:30 - 9:55 am (A) Tara D.</td>
<td><strong>Aqua Social</strong> 9:00 - 9:55 am (P) Alisha H.</td>
<td><strong>HIT</strong> 6:30 - 6:55 am (A) Stephanie W.</td>
<td><strong>Foam Roller</strong> 10:00 - 10:25 am (A) Tara D.</td>
<td><strong>Pumped!</strong> 9:00 - 10:00 am (L) Kim K.</td>
<td><strong>Combo</strong> 9:30 - 10:25 am (P) Shelli P.</td>
</tr>
<tr>
<td><strong>Compo</strong></td>
<td>10:00 - 10:55 am (P) Sharon G.</td>
<td><strong>NEW! Fitness Barre</strong> 9:00 - 9:55 am (A) Pat M.</td>
<td><strong>R.I.P.P.E.D.</strong> 9:30 - 10:15 am (A) Tara D.</td>
<td><strong>Mat Pilates Essential</strong> 9:00 - 9:55 am (C) Tresa S.</td>
<td>10:00 - 10:55 am (G) Bonnie O.</td>
<td><strong>Power Step</strong> 10:05 - 10:30 am (A) Linda H.</td>
<td><strong>Core Fit Plus</strong> 10:00 - 10:45 am (A) Renee W.</td>
</tr>
<tr>
<td><strong>Fit &amp; Tone</strong></td>
<td>10:00 - 10:55 am (G) Bonnie O./Sharon S.</td>
<td><strong>Total Stretch</strong> 11:00 - 11:55 am (A) Peggy W.</td>
<td><strong>Cycle 55</strong> 10:00 - 10:55 am (A) Carrie C.</td>
<td><strong>SilverSneakers® Classic</strong> 9:30 - 10:15 am (A) Carrie C.</td>
<td><strong>Core Fit</strong> 10:00 - 10:55 am (A) Tara D.</td>
<td><strong>Chisel Plus</strong> 10:35 - 11:20 am (A) Linda H.</td>
<td><strong>Cycle 55</strong> 11:00 - 11:55 am (B) Brian M./ Staff</td>
</tr>
<tr>
<td></td>
<td><strong>R.I.P.P.E.D.</strong> 10:00 - 10:55 am (A) Anne L.</td>
<td><strong>Total Stretch</strong> 11:00 - 11:55 am (A) Peggy W.</td>
<td><strong>Fit &amp; Tone</strong> 10:00 - 10:55 am (A) Carrie C.</td>
<td><strong>SilverSneakers® Classic</strong> 9:30 - 10:15 am (A) Carrie C.</td>
<td><strong>Core Fit</strong> 10:00 - 10:55 am (A) Tara D.</td>
<td><strong>Chisel Plus</strong> 10:35 - 11:20 am (A) Linda H.</td>
<td><strong>Cycle 55</strong> 11:00 - 11:55 am (B) Brian M./ Staff</td>
</tr>
<tr>
<td><strong>R.I.P.P.E.D.</strong></td>
<td>10:00 - 10:55 am (A) Anne L.</td>
<td><strong>Total Stretch</strong> 11:00 - 11:55 am (A) Peggy W.</td>
<td><strong>Pumped!</strong> 10:30 - 10:55 am (A) Carrie C.</td>
<td><strong>Core Fit Plus</strong> 10:15 - 10:55 am (A) Carrie C.</td>
<td><strong>Total Stretch</strong> 11:15 - 12:10 pm (A) Bonnie O.</td>
<td><strong>Core Fit</strong> 11:25 - 11:50 am (A) Linda H.</td>
<td><strong>Chisel</strong> 11:30 - 11:55 am (A) Renee W.</td>
</tr>
<tr>
<td><strong>Total Stretch</strong></td>
<td>11:00 - 11:55 am (A) Marie D.</td>
<td><strong>Pumped!</strong> 11:00 am - 12:00 pm (G) Anne L.</td>
<td><strong>Foam Roller</strong> 10:30 - 10:55 am (A) Carrie C.</td>
<td><strong>Core Fit Plus</strong> 10:15 - 10:55 am (A) Carrie C.</td>
<td><strong>Total Stretch</strong> 11:15 - 12:10 pm (A) Bonnie O.</td>
<td><strong>Core Fit</strong> 11:25 - 11:50 am (A) Linda H.</td>
<td><strong>Chisel</strong> 11:30 - 11:55 am (A) Renee W.</td>
</tr>
<tr>
<td><strong>Vinyasa Yoga</strong></td>
<td>12:00 - 12:55 pm (A) Renee W.</td>
<td><strong>Adaptive Yoga</strong> 12:30 - 1:25 pm (C) Colette I.</td>
<td><strong>Shallow Cardio ‘n Core</strong> 11:00 - 11:55 am (G) Bonnie O.</td>
<td><strong>Aqua Intervals</strong> 10:45 - 11:40 am (G) Beth N.</td>
<td><strong>Cardio Dance: Latin</strong> 12:00 - 12:55 pm (A) Kezayah A.</td>
<td><strong>Turbo Kick®</strong> 12:00 - 12:55 pm (A) Stephanie W.</td>
<td><strong>Restorative Yoga</strong> 12:45 - 2:00 pm (C) Natalie J.</td>
</tr>
<tr>
<td><strong>Core Fit</strong></td>
<td>5:00 - 5:25 pm (A) Diana P.</td>
<td><strong>Experienced Pilates</strong> 12:30 - 1:25 pm (A) Colette I.</td>
<td><strong>Vinyasa Yoga</strong> 4:00 - 4:55 pm (A) Sharon G.</td>
<td><strong>Total Stretch</strong> 11:00 - 11:55 am (A) Maria F.</td>
<td><strong>Pumped!</strong> 11:00 am - 12:00 pm (G) Anne L.</td>
<td><strong>Ballet Barre Plus</strong> 1:00 - 2:15 pm (A) Maria F.</td>
<td><strong>Chisel</strong> 11:30 - 11:55 am (A) Renee W.</td>
</tr>
<tr>
<td><strong>R.I.P.P.E.D.</strong></td>
<td>5:30 - 6:25 pm (A) Tara D.</td>
<td><strong>Cardio Dance: Zumba</strong> 4:30 - 5:25 pm (A) Colette I.</td>
<td><strong>R.I.P.P.E.D.</strong> 5:30 - 6:25 pm (A) Sarah S.</td>
<td><strong>R.I.P.P.E.D.</strong> 5:30 - 6:25 pm (A) Sarah S.</td>
<td><strong>Adaptive Stretch</strong> 12:00 - 12:55 pm (A) Marie D.</td>
<td><strong>Vinyasa Yoga</strong> 4:00 - 4:55 pm (A) Brittany H.</td>
<td><strong>Water Fitness</strong> Mind/Body Cycle Aqua Music</td>
</tr>
<tr>
<td><strong>Pumped!</strong></td>
<td>6:15 - 7:15 pm (G) Sarah J.</td>
<td><strong>INSANITY</strong> 5:30 - 6:25 pm (A) Kelsey F.</td>
<td><strong>Cycle 55</strong> 6:00 - 6:55 pm (B) Brian M.</td>
<td><strong>Cycle 55</strong> 6:00 - 6:55 pm (B) Brian M.</td>
<td><strong>Adaptive Stretch</strong> 12:00 - 12:55 pm (A) Marie D.</td>
<td><strong>Vinyasa Yoga</strong> 4:00 - 4:55 pm (A) Brittany H.</td>
<td><strong>Water Fitness</strong> Mind/Body Cycle Aqua Music</td>
</tr>
<tr>
<td><strong>Fit ‘n Tone H2O</strong></td>
<td>6:30 - 7:25 pm (P) Rose B.</td>
<td><strong>Pumped!</strong> 5:30 - 6:30 pm (G) Jen K.</td>
<td><strong>Chisel Plus</strong> 6:30 - 7:25 pm (A) Lisa W.</td>
<td><strong>CORE DE FORCE</strong> 5:45 - 6:40 pm (A) Regina A.</td>
<td><strong>Chisel Plus</strong> 5:30 - 6:25 pm (A) Sarah S.</td>
<td><strong>Adaptive Stretch</strong> 12:00 - 12:55 pm (A) Marie D.</td>
<td><strong>Vinyasa Yoga</strong> 4:00 - 4:55 pm (A) Brittany H.</td>
</tr>
<tr>
<td><strong>Vinyasa Yoga</strong></td>
<td>6:45 - 7:40 pm (A) Travis B.</td>
<td><strong>Cycle 25</strong> 6:00 - 6:25 pm (B) Tyler B.</td>
<td><strong>Vinyasa Yoga</strong> 7:30 - 8:25 pm (A) Jenna N.</td>
<td><strong>Fitness Barre</strong> 7:00 - 7:55 pm (A) Pat M.</td>
<td><strong>Chisel</strong> 6:30 - 6:55 pm (B) Tyler B.</td>
<td><strong>Fitness Barre</strong> 7:00 - 7:55 pm (A) Pat M.</td>
<td><strong>Water Fitness</strong> Mind/Body Cycle Aqua Music</td>
</tr>
<tr>
<td></td>
<td><strong>Chisel</strong> 6:30 - 6:55 pm (B) Tyler B.</td>
<td><strong>Fitness Barre</strong> 6:30 - 7:25 pm (A) Lisa B.</td>
<td><strong>Fitness Barre</strong> 7:00 - 7:55 pm (A) Pat M.</td>
<td><strong>Chisel</strong> 6:30 - 6:55 pm (B) Tyler B.</td>
<td><strong>Fitness Barre</strong> 7:00 - 7:55 pm (A) Pat M.</td>
<td><strong>Water Fitness</strong> Mind/Body Cycle Aqua Music</td>
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</tbody>
</table>

**Locations:**
- (A) = Studio A
- (B) = Studio B
- (C) = Studio C
- (G) = Gym
- (P) = Pool

**Download “YWCA Schedules” and you will be able to:**
- View schedules for classes and events at each location
- Add events to your calendar, set reminders and invite friends to join you through our sharing features
- Receive push notifications for last minute cancellations, exciting promotions or important info you need to know

**Classes and schedules are subject to change. Please search class schedules online at ywcampls.org/schedules for the most up-to-date information.**
GROUP FITNESS LEVELS

Intensity Level 1
Light intensity workout that is meant for beginners. All fitness levels are welcome.

Intensity Level 2
Moderately intense workout. Beginners are welcome but may have to modify some exercises.

Intensity Level 3
High intensity workout meant for individuals who have prior workout experience. These classes help bring your fitness to a new level.

WATER FITNESS LEVELS

Intensity Level 1
Focuses on range of movement, flexibility, and stretching in the water and is a good fit for anyone recovering from injuries or new to water exercise.

Intensity Level 2
Focuses on a full body aerobic workout in the water and is a good fit for those looking to mix-up their workouts.

Intensity Level 3
Focuses on a full body, high intensity cardio workout in the water and is a good fit for someone looking to take their workouts to a new level. Comfort in the water is a must.

FIT ‘N TONE H20
Intensity level 2
Utilizing the benefits of water, this class combines cardiovascular, muscular, and flexibility exercises for the entire body. A variety of equipment will be incorporated into each class, and exercises are performed in both shallow and deep water; however, participants can remain in shallow water for the entire class, if desired. All levels welcome.

SHALLOW CARDIO ‘N CORE
Intensity level 2
Multi-level aerobics class using the resistance of water to increase range of motion, strengthen muscles and improve cardiovascular fitness. Participants need not be able to swim; however, they should be comfortable in the water.

AQUA INTERVALS
Intensity level 2
Interval training consists of alternating segments of work and rest. This format of training has been proven to burn more calories while strengthening your cardiovascular system. Class consists of 30 minutes of intervals, stretching and core work.

AQUA SOCIAL
Build community and your stamina in this class that’s like taking a walk with a friend. Instead of a walk and talk, enjoy conversation while you move in the water. Instructor-led, multi-level class using the water’s resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness.

COMBO
Intensity level 2
Put the water’s resistance to work! A variety of equipment is used in both the shallow and deep end of the pool. Our instructors will lead you through a workout where the intensity and the depth of the water is up to you. Swimming ability not necessary and buoyancy belts are available.

AQUA INTERVALS
Intensity level 2
Interval training consists of alternating segments of work and rest. This format of training has been proven to burn more calories while strengthening your cardiovascular system. Class consists of 30 minutes of intervals, stretching and core work.

AQUA SOCIAL
Build community and your stamina in this class that’s like taking a walk with a friend. Instead of a walk and talk, enjoy conversation while you move in the water. Instructor-led, multi-level class using the water’s resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness.

COMBO
Intensity level 2
Put the water’s resistance to work! A variety of equipment is used in both the shallow and deep end of the pool. Our instructors will lead you through a workout where the intensity and the depth of the water is up to you. Swimming ability not necessary and buoyancy belts are available.

CYCLE
(CYCLE 25, CYCLE 55, CYCLE 75)
Intervals, hills, power challenges and more! Cycle instructors pull out a mix of techniques to coach you through each exciting ride. Instructors tailor each class to the participants and add music and a bit of personality to make your ride enjoyable. Each class is geared to meet the needs of all fitness levels and instructors offer modifications throughout.

CYCLE CIRCLE
YWCA’s Cycle Circle class is a low-intensity cycling group that talks while it spins. Research shows our physical, mental and social health are interconnected and that movement aids in cognitive and emotional processing. Come feel the benefits of your pedal power! This class is not a substitute for therapy. Find weekly class topics on our YWCA Schedules app.

FIT AND TONE
A low to non-intensity aerobic class that also includes strength and flexibility training. Great for beginners but all levels welcome.

FITNESS BARRE
Sculpt it, lift it, tone it, shape it! Through high repetitions and multiple music tempos, this dance influenced class will utilize your entire muscular system as a means to improve coordination, core, balance, postural strength.

FOAM ROLLER
Intensity level 1
Foam Rolling is self-myofascial release (SMR) stretching technique used to release “knots” which relieves muscle soreness and tightness. This 25 minute class can aid in reestablishing pain-free movement and enhance exercise performance. Great for all fitness levels.

HATHA YOGA
Intensity level 1
Designed as an entry-level class, this class features slow-paced postures with some simple breathing exercises. This is a good place to learn basic poses and relaxation techniques, and to become comfortable with yoga.

HIIT
(HIGH INTENSITY INTERVAL TRAINING)
High Intensity Interval Training is a format proven to not only torch calories but also enhance your aerobic capacity without long workouts. Perfect for the busy exerciser, but not for the faint of heart. HIIT requires you to push your limits! Bodyweight exercises and small equipment done in intervals.

INSANITY®
Intensity level 3
Forget everything you think you know about high-intensity workouts, because Insanity will redefine your mind and body! With Insanity, you will experience this total body “plateau proof fitness formula” workout, utilizing free weights, resistance and body weight. This class masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Det components, challenging participants’ fitness and endurance levels!

MAT PILATES EXPERIENCED
Intensity level 2
Class requires previous Pilates experience and progresses at a faster pace, with more advanced exercises and modifications.

MEDITATION
Intensity Level 0
Meditation is the practice of waking up to the present moment and learning to be open and at ease with the unfolding conditions of life. This is a 30 minute guided meditation open to all whether you are new to meditation or have an established practice. Please no admission after meditation has begun.

POWER STEP
Intensity level 3
While some classic step movements are used, Power Step is not your traditional step class. Featuring functional athletic training, Power Step incorporates the platform for a cardio, power, strength, balance and agility workout that will leave you wanting more!

POWER YOGA
Intensity level 3
Our most advanced level of yoga, this class may include inversions, binds and advanced movements while stressing the importance of anatomy and alignment.

PUMPED!
Intensity level 2
This class is designed for all fitness levels. It uses free weights, motivational music, and trained instructors to help you add strength and define muscles. *Please arrive 10 minutes early if this is your first class.

RESTORATIVE YOGA
Intensity level 1
Fundamental yoga poses are practiced while the body is supported, in props, allowing greater relaxation, restoration and renewal.

R.I.P.P.E.D.
Intensity level 3
Experience this total body “plateau proof fitness formula” workout, utilizing free weights, resistance, and body weight. This class masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Det components, challenging participants’ fitness and endurance levels!

SILVERSNEAKERS® CLASSIC
Intensity level 1
SilverSneakers® Classic uses hand-held weights, elastic tubing with handles, balls for resistance and a chair for support as well as non-impact aerobic choreography; exercises are designed to increase range of movement and activities of daily living (ADLS).

TOTAL STRETCH
Intensity level 1
Treat your body and energize your day with this invigorating stretch class. All fitness levels are welcome.

TURBO KICK®
Intensity level 3
While some classic step movements are used, Power Step is not your traditional step class. Featuring functional athletic training, Power Step incorporates the platform for a cardio, power, strength, balance and agility workout that will leave you wanting more!

VINYASA YOGA
Intensity level 2
Vinyasa means breath-synchronized movement, and consists of strong, flowing breath-based movement. Students should be injury-free and have a regular yoga practice.

CARDIO DANCE: LATIN
Intensity level 1
This cardio dance class is inspired by the dances of Latin America with a wide variety of music and choreography. All fitness levels are welcome!

CARDIO DANCE: ZUMBA
Intensity level 1
This is Zumba! Taught by Zumba certified instructors using Zumba music tracks and choreography. All fitness levels are welcome!

CHISEL
Intensity level 2
Weight training and resistance work are a must to lose fat, burn calories, and build muscle. All fitness levels are welcome.

CIRCUIT
Intensity level 3
Stations utilizing strength, balance, agility and power are set up in the studio and combined with cardiac intervals for an efficient and intense workout. Multiple levels.

CORE DE FORCE
Intensity level 2
Get out of your head and into the moment with this high-energy, noncontact MMA-inspired workout. Fight at your own pace while you punch, kick and HIIT your way to develop a strong, powerful core and sculpt your entire body. You’ll combine boxing, kickboxing, and Muay Thai techniques with interval training to turn up the calorie burn! All fitness levels are welcome.

CORE FIT
Intensity level 2
This class strengthens the core working the abdominal, oblique and lower back muscles. And you’ll feel the results! All fitness levels are welcome.

FITNESS FUNDAMENTALS
Intensity level 2
Are you new to cycling or looking for a more leisurely ride? Take advantage of this 25-minute introductory class to learn techniques and build up your cycling legs. All levels welcome to ride at their pace.

FITNESS LEVELS

Intensity level 1
Focuses on a full body, high intensity cardio workout in the water and is a good fit for someone looking to take their workouts to a new level. Comfort in the water is a must.

Intensity level 2
Focuses on range of movement, flexibility, and stretching in the water and is a good fit for anyone recovering from injuries or new to water exercise.

Intensity level 3
Focuses on a full body aerobic workout in the water and is a good fit for those looking to mix-up their workouts.

WATER FITNESS LEVELS

Intensity level 1
Focuses on range of movement, flexibility, and stretching in the water and is a good fit for anyone recovering from injuries or new to water exercise.

Intensity level 2
Focuses on a full body aerobic workout in the water and is a good fit for those looking to mix-up their workouts.

Intensity level 3
Focuses on a full body, high intensity cardio workout in the water and is a good fit for someone looking to take their workouts to a new level. Comfort in the water is a must.