

Group Fitness Schedules

DOWNTOWN FREE CLASS SCHEDULE: BEGINNING JANUARY 3, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers Classic 9:30 - 10:15 am (A) Teasha R.	Water Fitness 9:00 - 9:45 am (P) Kate C.	Gentle Yoga 11:30 am - 12:30 pm (A) Renee W.	Cycle 60 6:30 - 7:30 am (A) Lisa S.	Cardio Plus 10:00 - 10:45 am (A) Shelli P.		Zumba Gold 9:15 - 10:00 am (A) Susan W.
Aqua Zumba 10:45 - 11:30 am (P) Teasha R.	Zumba Gold 10:00 - 10:45 am (A) Teasha R.		Water Fitness 9:00 - 9:45 am (P) Kate C.			
	Revved Up Recovery 12:15 - 1:00 pm (A) Tara D.	Water Fitness 5:30 - 6:15 pm (P) Donna M.	SilverSneakers Yoga 10:00 - 10:45 am (A) Jana H.			
Water Fitness 5:30 - 6:15 pm (P) Teasha R.		Circuit 6:00 - 6:45 pm (A) Wendy T.	Fitness Barre 5:00 - 5:45 pm (A) Susan W.			

Location: (A) = Studio A, (P) = Pool, (PP) = Peavey Plaza, (R) = Rooftop Water Fitness Mind/Body Cycle Aqua Music

MIDTOWN FREE CLASS SCHEDULE: BEGINNING JANUARY 3, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PUMPED! 6:15 - 7:15 am (G) Meredith L.		Cycle 45 6:30 - 7:15 am (C) Brooke D.	SilverSneakers Cardio 9:00 - 9:45 am (G) Kelli K.		Cycle 45 9:00 - 9:45 am (G) Juliet A.	Water Fitness 10:30 - 11:15 am (P) Patty M.
SilverSneakers Cardio 9:00 - 9:45 am (A) TBD		Water Fitness 6:30 - 7:15 am (P) Kate C.	Chisel Plus 11:00 - 11:45 am (A) Carrie C.	Chair Yoga 10:30 - 11:15 am (A) Celia M.	Zumba 10:00 - 11:00 am (A) Margo S.	
SilverSneakers Cardio 10:00 - 10:45 am (A) TBD	Step 5:00 - 5:45 pm (A) Diana P.	Pumped! 9:30 - 10:30 am (G) Diana P.	Cycle 45 5:00 - 5:45 pm (G) Joe E.			
Vinyasa Yoga 5:30 - 6:30 pm (A) Travis B.	Cycle 45 6:00 - 6:45 pm (G) Joe E.	SilverSneakers Yoga 10:30 - 11:15 am (A) Jana H.	Gentle Yoga 5:00 - 6:00 pm (A) Angela C.			
	Zumba 6:30 - 7:30 pm (A) Margo S.	R.I.P.P.E.D. 5:30 - 6:30 pm (A) EG	HIIT 6:30 - 7:30 pm (A) Sarah S.			

Location: (A) = Studio A, (C) = Cycle Studio, (P) = Pool, (G) = Gym Water Fitness Mind/Body Cycle Aqua Music

UPTOWN FREE CLASS SCHEDULE: BEGINNING JANUARY 3, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chisel 9:30 - 10:00 am (A) Carrie C.	SilverSneakers Yoga 10:00 - 10:45 am (A) Jana H.	Cardio & Core 9:30 - 10:00 am (A) Tara D.	SilverSneakers Classic 9:30 - 10:15 am (G) Shelli P.	Vinyasa Yoga 9:00 - 10:00 am (A) Preethi S.	Pumped! 9:45 - 10:45 am (G) Kim K.	R.I.P.P.E.D. 9:00 - 10:00 am (A) Sarah S.
Cycle 45 10:15 - 11:00 am (G) Carrie C.	Vinyasa Yoga 11:30 am - 12:30 pm (A) Jana H.	Water Fitness 10:15 - 11:00 am (P) Shelli P.	R.I.P.P.E.D. 9:30 - 10:30 am (A) Tara D.	Chair Yoga 10:30 - 11:15 am (A) Preethi S. (Begins Jan. 28)	INSANITY 11:15 am - 12:00 pm (G) Regina A.	Cycle 60 10:00 - 11:00 am (G) Diana P.
Pumped! 6:00 - 7:00 pm (G) Kim K.	INSANITY 5:30 - 6:15 pm (A) Regina A.	Cycle 45 10:15 - 11:00 am (G) Carrie C.	Total Stretch 11:30 am - 12:15 pm (A) Susan W.	Water Fitness 10:45 - 11:30 am (P) Tara D.		Pumped! Express 11:15 am - 12:00 pm (G) Diana P.
	Fitness Barre 6:45 - 7:30 pm (A) Lisa B.	Zumba 7:00 - 8:00 pm (A) Margo S.	Cycle 45 5:30 - 6:15 pm (G) Lisa B.			
			Vinyasa Yoga 6:30 - 7:30 pm (A) Judy A.			
			Aqua Zumba 6:45 - 7:30 pm (P) Susan W.			

Location: (A) = Studio A, (G) = Gym, (P) = Pool, (PL) = Parking Lot Water Fitness Mind/Body Cycle Aqua Music



Registration required due to class size limitations. Updates will be sent via email to registered participants
Classes, descriptions and updates are available on the YWCA Schedules app or online at ywcamppls.org/schedules