

DOWNTOWN FREE CLASS SCHEDULE: BEGINNING APRIL 4, 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|----------|--|
| | New Hatha Yoga 8:30 - 9:30 am (A) Dana B. 🌿 | Gentle Yoga 11:30 am - 12:30 pm (A) Renee W. 🌿 | Cycle 60 6:30 - 7:30 am (A) Lisa S. 🚲 | | | |
| Aqua Zumba 10:45 - 11:30 am (P) Susan W. 🎵 | Water Fitness 9:00 - 9:45 am (P) Kate C. 🌊 | | Water Fitness 9:00 - 9:45 am (P) Kate C. 🌊 | Cardio Plus 10:00 - 10:45 am (A) Shelli P. | | Zumba Gold 9:15 - 10:00 am (A) Susan W. |
| New Zumba Gold 12:00 - 12:45 am (A) Susan W. | New Silver Sneakers Classic 10:00 - 10:45 am (A) Tara D. | Water Fitness 5:30 - 6:15 pm (P) Donna M. 🌊 | SilverSneakers Yoga 10:00 - 10:45 am (A) Jana H. 🌿 | | | |
| | | Circuit 6:00 - 6:45 pm (A) Wendy T. | | | | |

Location: (A) = Studio A, (P) = Pool, (PP) = Peavey Plaza, (R) = Rooftop

Water Fitness
 Mind/Body
 Cycle
 Aqua Music

MIDTOWN FREE CLASS SCHEDULE: BEGINNING APRIL 4, 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. 🚲 | New Running Intervals 7:00 - 8:00 am (SH Track) Laurie G. | | New Cycle 45 8:00 - 8:45 am (G) Sarah J. | |
| SilverSneakers Cardio 9:00 - 9:45 am (G) TBD | New Water Fitness 9:00 - 9:45 am (P) Susan W. | Water Fitness 6:30 - 7:15 am (P) Kate C. 🌊 | SilverSneakers Cardio 9:00 - 9:45 am (G) Kelli K. | | New Pumped! Express 9:00 - 9:45 am (G) Sarah J. | |
| SilverSneakers Cardio 10:00 - 10:45 am (G) TBD | New Cardio & Core 10:30 - 11:15 am (A) Susan W. | Pumped! 9:30 - 10:30 am (G) Diana P. | New Gentle Yoga 10:00 - 11:00 am (A) Dana B. 🌿 | Chair Yoga 10:30 - 11:15 am (A) Celia M. 🌿 | Zumba 10:30 - 11:30 am (A) Margo S. <i>(Resumes April 30 at NEW TIME)</i> | Water Fitness 10:30 - 11:15 am (P) Patty M. 🌊 |
| | | SilverSneakers Yoga 10:30 - 11:15 am (A) Jana H. 🌿 | Chisel Plus 11:30 am - 12:15 pm (A) Carrie C. | | | |
| Vinyasa Yoga 5:30 - 6:30 pm (A) Dallas R. 🌿 | Step 5:15 - 6:00 pm (A) Diana P. | New Cardio Plus 12:00 am - 12:45 pm (A) Kelli K. | Cycle 45 5:00 - 5:45 pm (G) Joe E. 🚲 | | | |
| | Cycle 45 6:00 - 6:45 pm (G) Joe E. 🚲 | | 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 APRIL 4, 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 Cardio 9:30 - 10:15 am (G) Shelli P. | Vinyasa Yoga 9:00 - 10:00 am (A) Preethi S. 🌿 | New Vinyasa Yoga 9:00 - 10:0 am (A) Erin W. 🌿 | 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. 🌿 | Pumped! 9:45 - 10:45 am (G) Kim K. | Cycle 60 10:00 - 11:00 am (G) Diana P. 🚲 |
| | | 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. 🌊 | INSANITY 11:15 am - 12:15 pm (G) Regina A. | Pumped! Express 11:15 am - 12:00 pm (G) Diana P. |
| | INSANITY Express 5:30 - 6:15 pm (A) Regina A. | New Hatha Yoga 10:30 - 11:30 am (A) Dana B. 🌿 | Cycle 45 5:30 - 6:15 pm (G) Lisa B. 🚲 | | | |
| Pumped! 6:00 - 7:00 pm (G) Kim K. | Fitness Barre 6:45 - 7:30 pm (A) Lisa B. | New Vinyasa Yoga 5:30 - 6:30 pm (A) Kelly M. 🌿 | Vinyasa Yoga 6:30 - 7:30 pm (A) Judy A. 🌿 | | | |
| | | Zumba 7:00 - 8:00 pm (A) Margo S. <i>(Resumes May 4)</i> | 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 ywcamps.org/schedules

