

DOWNTOWN FREE CLASS SCHEDULE: BEGINNING JULY 11, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Restorative Yoga 8:30 - 9:45 am (A) Dana B. 🌱	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.	Water Fitness 10:00 - 10:45 am (P) Rose B. 🌊	Zumba Gold 9:15 - 10:00 am (A) Susan W.
	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. 🌱			
	*YWCA Yoga on Peavey Plaza 5:30 - 6:30 pm (PP) Dallas R.	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

*Free outdoor class open to members and nonmembers. Weather permitting.

MIDTOWN FREE CLASS SCHEDULE: BEGINNING JULY 11, 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) TBD	Water Fitness 9:00 - 9:45 am (P) Susan W. 🌊	Water Fitness 6:30 - 7:15 am (P) Kate C. 🌊	Running Intervals 7:00 - 8:00 am (SH Track) Laurie G.		Cycle 45 8:00 - 8:45 am (G) Joe E.	
SilverSneakers Cardio 10:00 - 10:45 am (G) TBD	Cardio & Core 10:30 - 11:15 am (A) Susan W.	Pumped! 9:30 - 10:30 am (G) Diana P.	SilverSneakers Cardio 9:00 - 9:45 am (G) Kelli K.		Pumped! Express 9:00 - 9:45 am (G) Sarah J	
		SilverSneakers Yoga 10:30 - 11:15 am (A) Jana H. 🌱		Chair Yoga 10:30 - 11:15 am (A) Celia M. 🌱	Zumba 10:30 - 11:30 am (A) Margo S.	Water Fitness 10:30 - 11:15 am (P) Patty M. 🌊
		Cardio Plus 12:00 am - 12:45 pm (A) Kelli K.	Chisel Plus 11:30 am - 12:15 pm (A) Carrie C.			
Vinyasa Yoga 5:30 - 6:30 pm (A) Dallas R. 🌱	Zumba 6:30 - 7:30 pm (A) Margo S.	R.I.P.P.E.D. 5:30 - 6:30 pm (A) EG	Cycle 45 5:00 - 5:45 pm (G) Joe E. 🚲			

Location: (A) = Studio A, (C) = Cycle Studio, (P) = Pool, (G) = Gym

 Water Fitness
  Mind/Body
  Cycle
  Aqua Music

UPTOWN FREE CLASS SCHEDULE: BEGINNING JULY 11, 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. 🌱	Vinyasa Yoga 9:00 - 10:00 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.		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.
Pumped! 6:00 - 7:00 pm (G) Kim K.	INSANITY Express 5:30 - 6:15 pm (A) Regina A.	Vinyasa Yoga 5:30 - 6:30 pm (A) Kelly M.	Vinyasa Yoga 6:30 - 7:30 pm (A) Judy A. 🌱			
	Fitness Barre 6:45 - 7:30 pm (A) Lisa B.	Zumba 7:00 - 8:00 pm (A) Margo S. 🌱				

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

