

DOWNTOWN FREE CLASS SCHEDULE: BEGINNING NOVEMBER 14, 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) Dana B. 🌿	Cycle 45 6:30 - 7:15 am (A) Lisa S. 🚲			
	Water Fitness 9:00 - 9:45 am (P) Kate C. 🌊		Water Fitness 9:00 - 9:45 am (P) Kate C. 🌊			
Aqua Zumba 10:45 - 11:30 am (P) Susan W. 🌊	SilverSneakers Classic 10:00 - 10:45 am (A) Tara D.		SilverSneakers Yoga 10:00 - 10:45 am (A) Jana H. 🌿	Cardio Plus 10:00 - 10:45 am (A) Shelli P.	Water Fitness 10:15 - 11:00 am (P) Rose B. 🌊	
		Water Fitness 5:30 - 6:15 pm (P) Donna M. 🌊				
		Circuit 6:00 - 6:45 pm (A) Jake F.				

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

🌊 Water Fitness 🌿 Mind/Body 🚲 Cycle 🎵 Aqua Music

MIDTOWN FREE CLASS SCHEDULE: BEGINNING NOVEMBER 14, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PUMPED! 6:15 - 7:15 am (G) Meredith M.		Cycle 45 6:30 - 7:15 am (G) Brooke D. 🚲				
SilverSneakers Cardio 9:30 - 10:15 am (G) Theresa C.	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 Laurie G. (SH Track/MSC)		Cycle 45 8:00 - 8:45 am (G) Joe E. 🚲	
New Circuit 9:30 - 10:15 am (A) Tara D.	Cardio Plus 10:30 - 11:15 am (A) Susan W.	Vinyasa Yoga 7:00 - 8:00 am (A) Mary L. 🌿			Circuit 8:30 - 9:15 am (A) EG N.	HIIT & Chisel 10:00 - 11:00 am (A) Stephanie W.
SilverSneakers Cardio 10:30 - 11:15 am (G) Theresa C.		Pumped! 9:30 - 10:30 am (G) Diana P.	New SilverSneakers Cardio 10:30 - 11:15 am (G) Theresa C.		Pumped! Express 9:00 - 9:45 am (G) Sarah J.	Water Fitness 10:30 - 11:15 am (P) Patty M. 🌊
New Restorative Yoga 10:30 - 11:45 am (A) Angela C. 🌿		SilverSneakers Yoga 10:30 - 11:15 am (A) Jana H. 🌿	Chisel Plus 11:30 am - 12:15 pm (A) Carrie C.		Zumba 10:30 - 11:30 am (A) Margo S.	New Vinyasa Yoga 11:15 am - 12:15 pm (A) Renee W. 🌿
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 N.	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 NOVEMBER 14, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Vinyasa Yoga 6:30 - 7:30 am (A) Greg H. 🌿	Cardio & Core 9:15 - 10:00 am (A) Renee W.				
Chisel 9:30 - 10:00 am (A) Carrie C.	SilverSneakers Yoga 10:00 - 10:45 am (A) Jana H. 🌿	Water Fitness 10:15 - 11:00 am (P) Shelli P. 🌊	SilverSneakers Cardio 9:30 - 10:15 am (G) Shelli P.	Vinyasa Yoga 9:00 - 10:00 am (A) Preethi S. 🌿	Pumped! 9:15 - 10:15 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. 🌿	Cycle 45 10:15 - 11:00 am (G) Carrie C. 🚲	R.I.P.P.E.D. 9:30 - 10:30 am (A) Tara D.		INSANITY 10:30 - 11:30 am (G) Regina A.	Cycle 45 10:15 - 11:00 am (G) Diana P. 🚲
		Mat Pilates Essential 12:30 - 1:30 pm (A) Bethann B. 🌿	Total Stretch 11:00 - 11:45 am (A) Susan W. 🌿	Water Fitness 10:45 - 11:30 am (P) Tara D. 🌊		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. 🌿				
Restorative Yoga 7:00 - 8:15 pm (A) Mary M. 🌿	Fitness Barre 6:45 - 7:30 pm (A) Lisa B.	Zumba 7:00 - 8:00 pm (A) Margo S.	Vinyasa Yoga 7:00 - 8:00 pm (A) Judy A. 🌿			

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 ywcampls.org/schedules

