

# MIDTOWN CLASS SCHEDULE: BEGINNING MONDAY, JAN. 16

C  
L  
A  
S  
S  
S  
C  
H  
E  
D  
U  
L  
E

M  
o  
r  
n  
i  
n  
g

M  
i  
d  
d  
a  
y

E  
v  
e  
n  
i  
n  
g

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>PUMPED!</b> 6:15 - 7:15 am (G) Meredith M.		<b>Cycle 45</b> 6:30 - 7:15 am (G) Brooke D.	<b>Running Intervals</b> 7:00 - 8:00 am (MSC) Laurie G.			
<b>SilverSneakers Cardio</b> 9:30 - 10:15 am (G) Theresa C.		<b>Water Fitness</b> 6:30 - 7:15 am (P) Kate C.			<b>Cycle 45</b> 8:00 - 8:45 am (G) Joe E.	
<b>Circuit</b> 9:30 - 10:15 am (A) Tara D./ Stephanie W.	<b>Water Fitness</b> 9:00 - 9:45 am (P) Susan W.	<b>Gentle Flow Yoga</b> 7:00 - 8:00 am (A) Mary L.	<b>NEW Water Fitness</b> 9:00 - 9:45 am (P) Susan W.		<b>Circuit</b> 8:30 - 9:15 am (A) EG N.	
<b>SilverSneakers Cardio</b> 10:30 - 11:15 am (G) Theresa C.	<b>Cardio Plus</b> 10:30 - 11:15 am (A) Susan W.	<b>PUMPED!</b> 9:30 - 10:30 am (G) Diana P.		<b>NEW Senior Strength &amp; Form</b> 10:30 - 11:15 am (A) Renee W.	<b>Pumped! Express</b> 9:00 - 9:45 am (G) Sarah J.	<b>HIIT &amp; Chisel</b> 10:00 - 11:00 am (A) Stephanie W.
<b>Restorative Yoga</b> 10:30 - 11:45 am (A) Angela C.		<b>SilverSneakers Yoga</b> 10:30 - 11:15 am (A) Dallas R.	<b>SilverSneakers Cardio</b> 10:30 - 11:15 am (G) Theresa C.		<b>Zumba</b> 10:30 - 11:30 am (G) Margo S.	<b>Water Fitness</b> 10:30 - 11:15 am (P) Patty M.
			<b>Chisel Plus</b> 11:30 am - 12:15 pm (A) Carrie C.			<b>Vinyasa Yoga</b> 11:15 am - 12:15 pm (A) Renee W.
<b>NEW Cycle 45</b> <b>Begins Jan 23</b> 5:15 - 6:00 pm (G) Lydia D.			<b>Cycle 45</b> 5:00 - 5:45 pm (G) Joe E.			
<b>NEW Boot Camp</b> 5:30 - 6:15 pm (T) Clint C.		<b>R.I.P.P.E.D</b> 5:30 - 6:30 pm (A) EG N.				
<b>Vinyasa Yoga</b> 5:30 - 6:30 pm (A) Dallas R.	<b>Zumba</b> 6:30 - 7:30 pm (A) Margo S.		<b>NEW Circuit</b> 6:30 - 7:15 pm (A) Margo S./EG N.			

**What's New?**

**Small Group Training is back!** Try a class today.  
Purchase your program pass at the Member Services Desk.  
Scan the QR code to learn more or visit [ywcamps.org/sgt](http://ywcamps.org/sgt) 

Group Fitness classes are included in your membership!

**NEW** Cycle 45 | Mondays at 5:15 pm  
**NEW** Water Fitness | Thursdays at 9:00 am  
**NEW** Circuit | Thursdays at 6:30 pm



**Gym Location Gym:** (A) = Studio A, (C) = Cycle Studio, (P) = Pool, (G) = Gym, (T) = Upper Track  
 Water Fitness   Mind/Body   Cycle   Aqua Music   **Small Group Training (\$\$)**

Registration is 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](http://ywcamps.org/schedules).