

MIDTOWN CLASS SCHEDULE: BEGINNING MONDAY, MARCH 13

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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.	Running Intervals 7:00 - 8:00 am (MSC) Laurie G.			
SilverSneakers Cardio 9:30 - 10:15 am (G) Theresa C.		Water Fitness 6:30 - 7:15 am (P) Kate C.			Cycle 45 8:00 - 8:45 am (G) Joe E.	
Circuit 9:30 - 10:15 am (A) Alison G.	Water Fitness 9:00 - 9:45 am (P) Susan W.	Gentle Flow Yoga 7:00 - 8:00 am (A) Mary L.	Water Fitness 9:00 - 9:45 am (P) Susan W.	NEW Chair Yoga 9:30-10:15 am (A) Donna A.	Circuit 8:30 - 9:15 am (A) EG N.	
SilverSneakers Cardio 10:30 - 11:15 am (G) Theresa C.	Cardio Plus 10:30 - 11:15 am (A) Susan W.	PUMPED! 9:30 - 10:30 am (G) Diana P.		Senior Strength & Form 10:30 - 11:15 am (A) Renee W.	Pumped! Express 9:00 - 9:45 am (G) Sarah J.	HIIT & Chisel 10:00 - 11:00 am (A) Stephanie W.
NEW Gentle Flow Yoga 10:30 - 11:30 am (A) Angela C.		SilverSneakers Yoga 10:30 - 11:15 am (A) Dallas R.	SilverSneakers Cardio 10:30 - 11:15 am (G) Theresa C.		Zumba 10:30 - 11:30 am (G) Margo S.	Water Fitness 10:30 - 11:15 am (P) Patty M.

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			Chisel Plus 11:30 am - 12:15 pm (A) Carrie C.			Vinyasa Yoga 11:15 am-12:15 pm (A) Renee W.

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Cycle 45 5:15 - 6:00 pm (G) Lydia D.			Cycle 45 5:00 - 5:45 pm (G) Joe E.			
Vinyasa Yoga 5:30 - 6:30 pm (A) Dallas R.		R.I.P.P.E.D 5:30 - 6:30 pm (A) EG. N.		NEW Vinyasa Yoga 5:30 - 6:30 pm (A) Jenna N.		
	Zumba 6:30 - 7:30 pm (A) Margo S.		Circuit 6:30 - 7:15 pm (A) Margo S.			

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



Group Fitness classes are included in your membership!

NEW Gentle Flow Yoga | Mondays at 10:30 am

NEW Chair Yoga | Fridays 9:30 am

NEW Vinyasa Yoga | Fridays 5:30 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.

