

UPTOWN CLASS SCHEDULE: BEGINNING MONDAY, March 13

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga 7:00 - 8:00 am (C) Greg H. 🌱	NEW Cycle 45 6:00 - 6:45 am (G) Lauren R. 🚲	Cardio Kick 6:30 - 7:30 am (C) Sarah S.	Bodyweight Bootcamp 7:00 - 7:45 am (C) Wendy T.			
Chisel 9:30 - 10:00 am (A) Carrie C.		Cardio & Core 9:15 - 10:00 am (A) Renee W.	SilverSneakers Cardio 9:30 - 10:15 am (G) Shelli P.	Vinyasa Yoga 9:00 - 10:00 am (A) Dallas R. 🌱	NEW Gentle Flow Yoga 9:00 - 10:00 am (A) Donna A. 🌱	R.I.P.P.E.D 9:00 - 10:00 am (A) Sarah S.
Cycle 45 10:15 - 11:00 am (G) Carrie C. 🚲	SilverSneakers Yoga 10:00 - 10:45 am (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! 9:15 - 10:15 am (G) Kim K.	Cycle 45 10:15 - 11:00 am (G) Diana P. 🚲
		Cycle 45 10:15 - 11:00 am (G) Carrie C. 🚲		Water Fitness 10:45 - 11:30 am (P) Tara D. 🌊	INSANITY 10:30 - 11:30 am (G) Regina A.	

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	Vinyasa Yoga 11:00 am-12:00 pm (A) Jana H. 🌱		NEW Stretch Roll & Restore 11:00 - 11:45 am (C) Susan W.			Pumped! Express 11:15 am - 12:00 pm (G) Diana P.
		Mat Pilates Essential 12:30 - 1:30 pm (A) Bethann B. 🌱				
						Restorative Yoga 1:30 - 2:45 pm (A) Ashley T. 🌱

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R.I.P.P.E.D 5:30 - 6:30 pm (C) Tara D.	INSANITY Express 5:45 - 6:30 pm (A) Regina A.					
PUMPED! 6:00 - 7:00 pm (G) Kim K.	Cycle 45 6:00 - 6:45 pm (G) Bethann B. 🚲	Vinyasa Yoga 5:30 - 6:30 pm (A) Kelly M. 🌱				
Restorative Yoga 7:00 - 8:15 pm (A) Mary E. 🌱	Fitness Barre 6:45 - 7:30 pm (A) Susan W.	Zumba 7:00 - 8:00 pm (A) Margo S.	Vinyasa Yoga 7:00 - 8:00 pm (A) Judy A. 🌱			

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 ywcamppls.org/sgt



Group Fitness classes are included in your membership!

NEW Cycle 45 | Tuesdays at 6:00 am
NEW Stretch Roll& Restore | Thursdays at 11:00 am
NEW Gentle Flow Yoga | Saturdays at 9:00 am



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



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 ywcamppls.org/schedules.