

MIDTOWN CLASS SCHEDULE: BEGINNING MONDAY, MAY 8

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

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

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.	Vinyasa Yoga 5:30 - 6:30 pm (A) Judy A.	R.I.P.P.E.D 5:30 - 6:30 pm (A) EG. N.		Vinyasa Yoga 5:30 - 6:30 pm (A) Jenna N.		
	TIME CHANGE Zumba 6:45 - 7:45 pm (A) Margo S.		TIME CHANGE Circuit 6:00 - 6:45 pm (A) Alison G.			

What's New?

Join us for outdoor yoga at Peavey Plaza
Yoga at Peavey Plaza weekly 5:45 pm Wednesdays begins May 24

In the case of poor weather, classes move indoors at YWCA Downtown.
Registration & Details Online

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 ywcamppls.org/schedules.

