

# UPTOWN CLASS SCHEDULE: BEGINNING MONDAY, MAY 8

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga 7:00 - 8:00 am (C) Greg H. 🌱	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) Preethi S. 🌱	<b>NEW</b> 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. 🌊			PUMPED! 9:15 - 10:15 am (G) Kim K.	Cycle 45 9:15 - 10:00 am (G) Diana P. 🚴
		Cycle 45 10:15 - 11:00 am (G) Carrie C. 🚴		Water Fitness 10:45 - 11:30am (P) Staff 🌊	<b>NEW</b> Bodyweight Bootcamp 10:30 - 11:30am (G) Regina A.	Pumped! Express 10:15 - 11:00 am (G) Diana P.

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	Vinyasa Yoga 11:00 am-12:00 pm (A) Jana H. 🌱		Stretch Roll & Restore 11:00 - 11:45 am (C) Ashley T.			
		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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<b>NEW</b> Bodyweight Bootcamp 5:45 - 6:30 pm (C) Regina A.	<b>NEW</b> HIIT & Chisel 5:30 - 6:30 pm (A) Alison G.					
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?**

Have you tried a Hybrid Class? Register today to take them in-person (limited spots in Uptown Studio C) or on YWCA Live! via Zoom.

Join us for outdoor yoga at Peavey Plaza  
Every Wednesday | 5:45 - 6:45 pm

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

**Gym Location Key:** (A) = Studio A, (C) = Hybrid in 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 [ywcamps.org/schedules](http://ywcamps.org/schedules).

