

**EAST AREA FAMILY YMCA
GROUP FITNESS CLASSES
January 6th– March 2nd**

MONDAY		CLASS	INSTRUCTOR	INTENSITY
5:45am	Hybrid	Les Mills Body PUMP Express	Jill H.	Low-Mid-High
7:30am	Hybrid	POUND (AOA)	Rachele W.	Low-Mid
8:30am	Hybrid	Forever Fit	Genoa W.	Low-Mid
9:30am	Hybrid	Les Mills Body Combat	Patty R.	Low-Mid-High
10:30am	Hybrid	Les Mills Body PUMP	Jennifer B.	Low-Mid-High
11:30am	Hybrid	WERQ	Terri T.	Mid-High
12:30pm	Hybrid	Forever Fit Plus	Terri T.	Low-Mid
4:30pm		Zumba	Kelly K.	Low-Mid-High
5:30pm	Hybrid	Les Mills Body PUMP	Colleen D.	Low-Mid-High
6:30pm	Hybrid	Les Mills Body Combat	Katie D.	Low-Mid-High

TUESDAY				
5:45am	Hybrid	Les Mills TONE	Patty R.	Low-Mid-High
7:30am	Hybrid	REFIT	Sally J.	Low-Mid-High
8:30am		Pilates	Patty R.	Low-Mid
9:30am	Hybrid	STEP & Strength	Wendy J.	Low-Mid-High
10:30	Hybrid	NIA	Kathleen C.	Low-Mid
11:30am	Hybrid	BARRE	Kinyorda S.	Low-Mid
1:00pm	Hybrid	Forever Fit Plus	Terri T.	Low-Mid
4:30pm	Hybrid	Power Yogalates	Colleen D.	Low-Mid-High
5:30pm	Hybrid	Strength & Cardio	Cindy P.	Low-Mid-High
6:30pm		Yoga	Vera B.	Low-Mid
7:30pm	Hybrid	WERQ	Ivy R.	Mid-High

WEDNESDAY				
5:45am	Hybrid	Les Mills Body PUMP Express	Jill H.	Low-Mid-High
7:30am	Hybrid	Forever Fit	Genoa W.	Low-Mid
8:30am	Hybrid	POUND (AOA)	Rachele W.	Low-Mid
9:30am	Hybrid	High Intensity Intervals	Cindy P.	Low-Mid-High
10:30am	Hybrid	Dance Fit (in Group Ex Room)	Kellie E.	Low-Mid-High
10:30am		WERQ <i>(in the gym)</i>	Margarita S.	Mid-High
11:30am	Hybrid	Chair Yoga	Patty R./Paul F.	Low
1:30pm	Hybrid	Tai Chi for Arthritis	Genoa W.	Low-Mid
4:30pm		Zumba	Kelly K.	Low-Mid-High
5:30pm	Hybrid	Les Mills Body Combat	Meredith A.	Low-Mid-High
6:30pm	Hybrid	Les Mills Body PUMP	Margarita S.	Low-Mid-High

THURSDAY				
5:45am	Hybrid	High Intensity Intervals	Patty R./Cindy P.	Low-Mid-High
5:45am		Run Group (meet in Fayetteville Lobby)	Jen H.	(All Levels)
7:30am	Hybrid	Chair Yoga	Genoa W.	Low
8:30am	Hybrid	BARRE	Jackie N.	Low-Mid
9:30am	Hybrid	Les Mills Body Combat	Wendy J.	Low-Mid-High
9:30am		Run Group <i>(Meet in Fayetteville Lobby)</i>	Jen H.	(All Levels)
10:30am		Yoga	Margaux H.	Low-Mid
11:30am	Hybrid	NIA	Kathleen C.	Low-Mid
1:00pm	Hybrid	Chair Forever Fit	Jackie N.	Low-Mid
4:30pm	Hybrid	BARRE	Terri T.	Low-Mid
5:30pm	Hybrid	Les Mills TONE	Terri T.	Low-Mid-High
6:30pm		Yoga	Linda R-S.	Low-Mid-High
7:30pm	Hybrid	WERQ	Jill H.	Mid-High

FRIDAY

5:45am	Hybrid	Les Mills Body PUMP Express	Patty R.	Low-Mid-High
7:30am	Hybrid	REFIT	Sally J.	Low-Mid-High
8:30pm	Hybrid	Forever Fit Plus	Cindy P.	Low-Mid
9:30am	Hybrid	Les Mills Body PUMP	Rachele W.	Low-Mid-High
10:30am		Pilates NEW!!!	Patty R.	Low-Mid
10:30am		Boot Camp <i>(In Gym—Sports Court)</i>	Vesta G.	Low-Mid-High
11:30am	Hybrid	Tai Chi	Genoa W.	Low-Mid
12:30pm		Chair Yoga	Linda R-S	Low
4:30pm		STEP - 45 minutes	Mary M.	Mid
5:30pm		Zumba NEW!!!	Kelly K.	Low-Mid-High

SATURDAY

7:30am	Hybrid	Les Mills TONE	Meredith/Patty	Mid-High
8:30am	Hybrid	BARRE	Jackie N.	Low-Mid
9:30am	Hybrid	High Intensity Intervals	Cindy P.	Low-Mid-High
10:30am	Hybrid	NIA	Alice P.	Low-Mid
11:30am		Zumba Toning <i>(In the gym—court 1)</i>	Suzanne A.	Mid-High

SUNDAY

8:30am		Yoga	Margaux/Kelly S/Jessica K	Low-Mid
9:30am	Hybrid	Les Mills Body Combat	Meredith A.	Low-Mid-High
10:30am	Hybrid	Les Mills Body PUMP	Lynn K.	Low-Mid-High

All class participants must be at least 8 years old.

Hybrid— These classes are being livestreamed! You can log in and take class from where ever you are :)