		EAST AREA FA		
		GROUP FITNES March 4th—A		
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.	Low-Mid-High
12:30pm		Line Dancing (Level 2—not beginner)	Catherine D.	Low-Mid
4:30pm		Zumba	Kelly K.	Low-Mid-High
5:30pm	Hybrid	Les Mills Body Combat	David U.	Low-Mid-High
6:30pm	Hybrid	Les Mills Body PUMP	Colleen D.	Low-Mid-High
6:30pm	(in SACC Room)	DEEP Stretch NEW!!! (45 minute class)	Sally J.	Low
TUESDAY				
5:45am	Hybrid	Les Mills TONE	Patty R.	Low-Mid-High
7:30am		Zumba Toning	Sandy Jo	Low-Mid
8:30am		Yoga	Paul F.	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	Chair Forever Fit	Terri T.	Low-Mid
4:30pm	Hybrid	Pilates	Colleen D.	Low-Mid-High
5:30pm	Hybrid	Strength & Cardio	Cindy P.	Low-Mid-High
6:30pm		Yoga	Vera B.	Low-Mid
WEDNESD	DAY			
5:45am	Hybrid	Les Mills Body PUMP Express	Jill H.	Low-Mid-High
5:45am 7:30am	Hybrid Hybrid	Les Mills Body PUMP Express Forever Fit	Jill H. Genoa W.	Low-Mid-High Low-Mid
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7:30am 8:30am	Hybrid Hybrid	Forever Fit POUND (AOA)	Genoa W. Rachele W.	Low-Mid Low-Mid
7:30am 8:30am 9:30am	Hybrid Hybrid Hybrid	Forever Fit POUND (AOA) High Intensity Intervals	Genoa W. Rachele W. Cindy P.	Low-Mid Low-Mid Low-Mid-High
7:30am 8:30am 9:30am 10:30am	Hybrid Hybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room)	Genoa W. Rachele W. Cindy P. Kellie E.	Low-Mid Low-Mid Low-Mid-High Low-Mid-High
7:30am 8:30am 9:30am 10:30am 10:30am	Hybrid Hybrid Hybrid Hybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM)	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S.	Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High
7:30am 8:30am 9:30am 10:30am 10:30am 11:30am	Hybrid Hybrid Hybrid Hybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F.	Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High
7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm	Hybrid Hybrid Hybrid Hybrid Hybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W.	Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low Low-Mid-High
7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm	Hybrid Hybrid Hybrid Hybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis Line Dance—Level 1 for Beginners	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Catherine D.	Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low Low Low-Mid
7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm 2:00pm	Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid Mybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Catherine D. Kelly K.	Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low Low-Mid-High Low Low-Mid Low
7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm 2:00pm 4:30pm 5:30pm	Hybrid Hybrid Hybrid Hybrid Hybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis Line Dance—Level 1 for Beginners	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Catherine D.	Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low Low Low-Mid
7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm 2:00pm 4:30pm 5:30pm 6:30pm	Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid NEW!!!	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis Line Dance—Level 1 for Beginners Zumba	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Catherine D. Kelly K.	Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low Low-Mid-High Low Low-Mid Low
7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm 2:00pm 4:30pm 5:30pm 6:30pm	Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid NEW!!!	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis Line Dance—Level 1 for Beginners Zumba Les Mills Body Combat Les Mills Body PUMP	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Catherine D. Kelly K. Meredith A. Lynn K.	Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low Low-Mid Low Low-Mid Low Low-Mid Low Low-Mid-High Low-Mid-High Low-Mid-High
7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm 2:00pm 4:30pm 5:30pm 6:30pm	Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid NEW!!!	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis Line Dance—Level 1 for Beginners Zumba Les Mills Body Combat	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Catherine D. Kelly K. Meredith A.	Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low Low-Mid Low Low-Mid Low Low-Mid Low
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7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm 2:00pm 4:30pm 5:30pm 6:30pm THURSDA 5:45am 5:45am 7:30am 8:30am 9:30am	Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid MEW!!! Hybrid Hybrid Hybrid Hybrid Hybrid Hybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis Line Dance—Level 1 for Beginners Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group Chair Yoga BARRE Les Mills Body Combat	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Catherine D. Kelly K. Meredith A. Lynn K. Patty R. Jen H. Genoa W. Jackie N. Patty R.	Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low Low-Mid Low Low-Mid Low Low-Mid-High
7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm 2:00pm 4:30pm 5:30pm 6:30pm THURSDA 5:45am 7:30am 8:30am 9:30am 9:30am 10:30am 11:30am	Hybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis Line Dance—Level 1 for Beginners Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group Chair Yoga BARRE Les Mills Body Combat Run Group Yoga NIA	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Catherine D. Kelly K. Meredith A. Lynn K. Patty R. Jen H. Genoa W. Jackie N. Patty R. Jen H. Hareen K. Kathleen C.	Low-Mid Low-Mid Low-Mid-High Low-Mid-High Low Low-Mid-High Low Low-Mid Low Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High (All Levels) Meet in Fayetteville Lobby Low Low-Mid-High (All Levels) Meet in Fayetteville Lobby
7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm 2:00pm 4:30pm 5:30pm 6:30pm THURSDA 5:45am 5:45am 7:30am 8:30am 9:30am 9:30am 10:30am 11:30am 1:00pm	Hybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis Line Dance—Level 1 for Beginners Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group Chair Yoga BARRE Les Mills Body Combat Run Group Yoga NIA Chair Forever Fit	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Catherine D. Kelly K. Meredith A. Lynn K. Patty R. Jen H. Genoa W. Jackie N. Patty R. Jen H. Hareen K. Kathleen C. Dan G.	Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low Low-Mid-High Low Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High (All Levels) Meet in Fayetteville Lobby Low Low-Mid-High (All Levels) Meet in Fayetteville Lobby Low Low-Mid Low-Mid-High (All Levels) Meet in Fayetteville Lobby
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7:30am 8:30am 9:30am 10:30am 10:30am 11:30am 1:00pm 2:00pm 4:30pm 5:30pm 6:30pm THURSDA 5:45am 5:45am 7:30am 8:30am 9:30am 9:30am 10:30am 11:30am 11:00pm	Hybrid	Forever Fit POUND (AOA) High Intensity Intervals Dance Fit (in Group Ex Room) WERQ (in GYM) Chair Yoga Tai Chi for Arthritis Line Dance—Level 1 for Beginners Zumba Les Mills Body Combat Les Mills Body PUMP High Intensity Intervals Run Group Chair Yoga BARRE Les Mills Body Combat Run Group Yoga NIA Chair Forever Fit	Genoa W. Rachele W. Cindy P. Kellie E. Margarita S. Patty R./Paul F. Genoa W. Catherine D. Kelly K. Meredith A. Lynn K. Patty R. Jen H. Genoa W. Jackie N. Patty R. Jen H. Hareen K. Kathleen C. Dan G.	Low-Mid Low-Mid-High Low-Mid-High Low-Mid-High Low Low-Mid-High Low Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High Low-Mid-High (All Levels) Meet in Fayetteville Lobby Low Low-Mid-High (All Levels) Meet in Fayetteville Lobby Low Low-Mid Low-Mid-High (All Levels) Meet in Fayetteville Lobby

FRIDAY				
5:45am	Hybrid	Les Mills Body PUMP Express	Lynn K./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	Piloxing	Bryndie T.	Low-Mid-High
10:30am	Hybrid	Les Mills Body PUMP	Rachele W.	Low-Mid-High
10:30am		Boot Camp (In Gym—Sports Court)	Vesta G.	Low-Mid-High
11:30am		Zumba	Kelly K.	Low-Mid-High
12:30pm		Chair Yoga	Linda R-S	Low
SATURDA	Y		TALL BY AND THE	数据的图式图 图 2017年 (1987年)
7:30am	Hybrid	Les Mills TONE	Meredith/Terri/Patty	Mid-High
8:30am	Hybrid	BARRE	Jackie N.	Low-Mid
9:30am	Hybrid	High Intensity Intervals	Cindy P.	Low-Mid-High
10:30am		NIA	Penni C.	Low-Mid
SUNDAY				
8:30am		Yoga	Paul F.	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 :)

EAST AREA FAMILY YMCA Group Indoor CYCLE Classes March 4th—April 28th

MONDAY	CLASS	INSTRUCTOR	LOCATION
8:30-9:15am	Cycle	Rachele W.	Cycle Studio
5:30-6:30pm	Cycle (1 Hour class!)	Christine W.	Cycle Studio
TUESDAY			
5:45-6:30am	Cycle	Jessica B.	Cycle Studio
9:00-9:45am	Cycle	Heather S.	Cycle Studio
4:30-5:15pm	Cycle	Mia D.	Cycle Studio
WEDNESDAY		A residence of the second	
5:45-6:30am	Cycle	Christine W.	Cycle Studio
9:00-9:45am	Cycle	Heather S.	Cycle Studio
4:30-5:15pm	Cycle	Sandy L./Briana P.	Cycle Studio
6:30-7:15pm	Cycle NEW!!!	Angela G.	Cycle Studio
THURSDAY			
5:45-6:15am	Cycle	Ron K.	Cycle Studio
9:00-9:45am	Cycle	Monika M.	Cycle Studio
5:30-6:15pm	Cycle	Darcy D.	Cycle Studio
FRIDAY		经过多少多类的证明的	
9:00-9:45am	Cycle	Heather S.	Cycle Studio
SATURDAY			
7:30am	Cycle	Ron K.	Cycle Studio
9:00am	Cycle	Sandy L.	Cycle Studio
SUNDAY			
9:00am	Cycle	Angela G.	Cycle Studio

All participants must be at least 8 years old (minimum height of 4' 09").