



# AUGUST 18 – SEPTEMBER 3 CONSTRUCTION SCHEDULE AM MT AIRY GROUP EX SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am Intense Intervals Jennifer <b>GX2</b>		6:00-6:45am Boot Camp Jennifer <b>GX2</b>	6:00-6:30am TRX Core* Jennifer <b>GX2</b>			
	6:00-6:45am Interval Rope Training Jennifer <b>GX2</b>	8:00-9:00am Pilates Bonnie 8/22 only <b>GX2</b>		6:00-6:45am Total Strength Jennifer <b>GX2</b>		
		8:00-9:00am Tai Chi Don <b>DS</b>	8:00-9:00am Vinyasa Yoga* Michele <b>DS</b>	8:00-9:00am Senior Yoga* Jan <b>DS</b>	7:45-8:45am 20/20/20 Colleen <b>GX2</b>	
8:00-9:00am Barre Lynne <b>DS</b>	7:30-8:15am TRX/Kettlebell* Lisa <b>GX2</b>	7:45-8:15am Core training Lisa <b>GX2</b>	7:45-8:30am HIIT Training Jennifer <b>GX2</b>			8:00-9:00am Bootcamp Beth <b>GX2</b>
8:30-9:30am Fluid Body Sculpt Karen <b>GX2</b>	8:30-9:30am Power Pump Lori <b>GX2</b>	8:30-9:15am Cardio Interval Training Jennifer <b>GX2</b>	8:30-9:30am Barre Sue/Wendy <b>GX2</b>	8:45-9:30am Total Body Conditioning Jennifer <b>GX2</b>	8:00-9:00am Vinyasa Yoga* Christine <b>DS</b>	
9:15-10:15am Vinyasa Flow Yoga* Elizabeth <b>DS</b>		9:15-10:15am Vinyasa Yoga* Rob <b>DS</b>	9:15-10:15am Zumba Tina <b>DS</b>	9:10-10:10am Vinyasa Yoga* Jenn <b>DS</b>		8:45-10:00am Yoga Flow Mixed level* Rob <b>DS</b>
	9:30-10:30am Vinyasa Yoga* Catherine <b>DS</b>				9:00-10:00am Power Pump Doug/Lori <b>GX2</b>	9:15-10:15am Strength & Conditioning Alex <b>GX2</b>
10:25-11:15am Intro to Yoga Rotation <b>DS</b>						10:30-11:30am Vinyasa Yoga* Rotation <b>DS</b>
					10:15-11:15am Zumba Danielle/Tina <b>GX2</b>	10:30-11:30am Cardio Dance Alex <b>GX2</b>
	11:00-11:45am AOA Kinesis Ginny <b>KR</b>		10:50-11:50am AOA Strength & Balance Jan <b>DS</b>			11:00-12:00pm Spin/TRX Kim

**\*Card required for:** Barre Basics (in DS), TRX & Ufit, Kinesis, Spin & Yoga

Cards can be obtained at the Welcome Center 15 minutes prior to the start of class. If maximum number of participants is reached earlier, cards will be distributed then.

Classes are held in rooms noted with:

**DS:** Dance Studio

**GX1:** Large Group Ex room

**GX2:** Smaller Group Ex room

**KR:** Kinesis Room

**PT:** Personal Training Studio

**TC:** Teen Center

Age requirement for group exercise classes is 13 years old.

LIVESTRONG® at the YMCA®: LIVESTRONG participants only.

All subs, changes, closures etc. will be posted on our website.

# AM



# AUGUST 18 – SEPTEMBER 3 CONSTRUCTION SCHEDULE PM MT AIRY GROUP EX SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
5:00–5:45pm Delay the Disease Lynne Meets in the lobby	5:15–6:15pm Pilates & Core Bonnie <b>GX2</b> 8/21 only		5:30–6:15pm Body Resistance Training Lori <b>GX2</b>	
5:30–6:20pm LaBlast Chris <b>GX2</b>		6:00–7:00pm Total Strength Alex <b>GX2</b>	6:00–7:00pm Mixed level Yoga Jim <b>DS*</b>	5:30–6:30pm Bollywood Uma <b>GX2</b>
	6:15–7:15pm Vinyasa Flow Pam <b>DS</b>			6:45–7:30pm Barre Basics Susan <b>GX2</b>
6:30–7:30pm Power Pump Lauren <b>GX2</b>	6:30–7:30pm Total Body Conditioning Doug <b>GX2</b>	7:15–8:15pm Zumba Paola <b>GX2</b>	6:30–7:30pm Power Pump Lauren <b>GX2</b>	
7:35–8:35pm Kickboxing Alex <b>GX2</b>	7:35–8:35pm Zumba Chris <b>GX2</b>			
			7:35–8:35pm Zumba Danielle <b>GX2</b>	

**\*Card required for:** Barre Basics (in DS), Body Pump, and UFit

Cards can be obtained at the Welcome Center 15 minutes prior to the start of class. If maximum number of participants is reached earlier, cards will be distributed then.

Classes are held in rooms noted with:

**DS:** Dance Studio

**GX1:** Large Group Ex room

**GX2:** Smaller Group Ex room

**KR:** Kinesis Room

**PT:** Personal Training Studio

**TC:** Teen Center

Age requirement for group exercise classes is 13 years old.

LIVESTRONG® at the YMCA®: LIVESTRONG participants only.

All subs, changes, closures etc. will be posted on our website.

# PM