



Brooks Family YMCA

Brooks Family YMCA Group Exercise - Group Exercise

Starting July 1, 2017

Monday

Time	Class	Instructor	Room	Schedule
5:45 AM - 6:45 AM	BODYPUMP	Prateen/Veronica		Group Exercise
6:00 AM - 7:00 AM	RPM™	Christy		Group Exercise
8:30 AM - 9:30 AM	BODYATTACK FAMILY	Christy		Group Exercise
9:30 AM - 10:30 AM	Bodyjam™	Joye		Group Exercise
9:30 AM - 10:30 AM	BODYPUMP	Crispin		Group Exercise
9:30 AM - 10:30 AM	Yogalates	Ann		Group Exercise
10:30 AM - 11:30 AM	Bodystep	Pinky		Group Exercise
10:30 AM - 11:30 AM	Silver Sneakers	Lori		Group Exercise
10:30 AM - 11:00 AM	Sprint	Agnes		Group Exercise
10:30 AM - 11:30 AM	Yoga	Ann		Group Exercise
11:30 AM - 12:30 PM	BODYPUMP	Lori		Group Exercise
11:30 AM - 12:30 PM	Line Dancing	Kim		Group Exercise
12:00 PM - 12:45 PM	Yoga: Intermediate	Andria		Group Exercise
12:30 PM - 1:00 PM	CXWORX	Jen D.		Group Exercise
4:30 PM - 5:30 PM	Group Cycle	Susan P.		Cycle
4:30 PM - 5:25 PM	Tai Chi	Elizabeth		Group Exercise
4:45 PM - 5:15 PM	Circuit Express	Kim		Group Exercise
5:30 PM - 6:30 PM	Bodystep	Ryan		Group Exercise
5:30 PM - 6:30 PM	RPM™ - Neon Night	Sheila		Group Exercise
5:30 PM - 6:30 PM	BODYPUMP	Joye		Group Exercise
5:30 PM - 6:30 PM	Pilates Sculpt	Andria/Morgan		Group Exercise
5:45 PM - 6:30 PM	SH'BAM™ Family	Vicky		Group Exercise
6:35 PM - 7:35 PM	Bodycombat	Missy/Jennifer		Group Exercise
6:35 PM - 7:35 PM	Bodyflow™ Family	Arlene/April		Group Exercise
7:40 PM - 8:40 PM	Bodyjam™	Jennifer		Group Exercise
7:40 PM - 8:10 PM	CXWORX	Steven		Group Exercise

Tuesday

Time	Class	Instructor	Room	Schedule
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Tuesday

Time	Class	Instructor	Room	Schedule
9:00 AM - 9:55 AM	Gentle Yoga	Anastasia	SMB	Group Exercise
9:00 AM - 9:30 AM	Sprint	Ashley	Studio A	Group Exercise
9:15 AM - 10:00 AM	BODYJAM	Vicky		Group Exercise
9:45 AM - 10:30 AM	Pound Fit	Gabie	Studio B	Group Exercise
9:45 AM - 10:30 AM	Cycle Express	Chelsea	Cycle Room	Group Exercise
9:45 AM - 10:15 AM	GRIT - FREE DEMO	Prateen	Wellness Floor	Group Exercise
10:00 AM - 11:00 AM	BODYPUMP	Sue/Michael	Studio A	Group Exercise
10:30 AM - 11:00 AM	CXWORX Family	Jamie		Group Exercise
11:00 AM - 12:00 PM	Zumba	Gabie	Studio A	Group Exercise
5:30 PM - 6:30 PM	PIYO	Colleen	SMB	Group Exercise

Wednesday

Time	Class	Instructor	Room	Schedule
5:45 AM - 6:45 AM	BODYPUMP	Cathi		Group Exercise
6:00 AM - 7:00 AM	Bodyflow	Michael		Group Exercise
8:30 AM - 9:30 AM	BODYPUMP	Rita/Christy		Group Exercise
9:30 AM - 10:30 AM	Bodystep	Amanda		Group Exercise
9:30 AM - 10:30 AM	Silver Sneakers	John		Group Exercise
9:30 AM - 10:00 AM	Sprint	Ashley		Group Exercise
9:30 AM - 10:30 AM	Yoga	Tara		Group Exercise
9:30 AM - 10:15 AM	Pound Fit	Sara		Group Exercise
10:30 AM - 11:30 AM	Bodyjam™	Missy		Group Exercise
10:30 AM - 11:30 AM	Silver Sneakers	Kelly		Group Exercise
10:30 AM - 11:30 AM	Pilates	Ann		Group Exercise
10:30 AM - 11:30 AM	Low Impact	Charleen		Group Exercise
10:30 AM - 11:30 AM	Aqua Fitness	Tara		Group Exercise
11:30 AM - 12:30 PM	BODYPUMP	Missy		Group Exercise
11:55 AM - 12:25 PM	Sprint	Jamy/Arlene		Group Exercise
12:00 PM - 12:50 PM	Bodyflow™ Family	Sarah		Group Exercise
12:35 PM - 1:05 PM	CXWORX	Jamy/Arlene		Group Exercise

Wednesday

Time	Class	Instructor	Room	Schedule
4:30 PM - 5:00 PM	Circuit Express	Evan		Group Exercise
5:00 PM - 5:30 PM	CXWORX Family	Chelsea		Group Exercise
5:30 PM - 6:30 PM	Bodystep	Tracey		Group Exercise
5:30 PM - 6:30 PM	Yoga Fit Stress Relief	Morgan		Group Exercise
5:30 PM - 6:30 PM	Zumba	Gabie		Group Exercise
6:00 PM - 6:30 PM	Sprint	Carol		Group Exercise
6:35 PM - 7:35 PM	BODYPUMP	Melba		Group Exercise
6:35 PM - 7:35 PM	Bodyflow™ Family	John		Group Exercise
6:35 PM - 7:35 PM	Zumbatomic (4-12)	Itza		Group Exercise
6:35 PM - 7:20 PM	Pound Fit	Gabie		Group Exercise
7:35 PM - 8:35 PM	Zumba	Itza		Group Exercise
7:40 PM - 8:40 PM	Fitness Yoga	Anastasia		Group Exercise
7:40 PM - 8:10 PM	CXWORX	Morgan		Group Exercise

Thursday

Time	Class	Instructor	Room	Schedule
5:45 AM - 6:45 AM	BODYVIVE	Sue		Group Exercise
6:00 AM - 6:30 AM	Sprint	Chelsea		Group Exercise
6:00 AM - 7:00 AM	Yoga	Lisa M.		Group Exercise
6:15 AM - 7:00 AM	Running Club	Christi		Group Exercise
8:30 AM - 9:30 AM	Fitness Yoga	Ann		Group Exercise
8:45 AM - 9:15 AM	Sprint	Christy		Group Exercise
9:30 AM - 10:30 AM	Zumba	Marleine		Group Exercise
9:30 AM - 10:30 AM	RPM™	Laura		Group Exercise
9:30 AM - 10:30 AM	Stretch & Tone	Amy D.		Group Exercise
10:00 AM - 10:30 AM	CXWORX Family	Jamie		Group Exercise
10:30 AM - 11:30 AM	BODYATTACK FAMILY	Nicole		Group Exercise
10:30 AM - 11:30 AM	Silver Sneakers	Sheri		Group Exercise
10:30 AM - 11:30 AM	Bodyflow	Jamie		Group Exercise
10:30 AM - 11:30 AM	Aqua Fitness	Pattie		Group Exercise

Thursday

Time	Class	Instructor	Room	Schedule
10:30 AM - 11:00 AM	Absolution	Amy D.		Group Exercise
11:45 AM - 12:30 PM	Chair Yoga	Tara		Group Exercise
12:25 PM - 12:55 PM	Circuit Training	Kent		Group Exercise
4:30 PM - 5:30 PM	BODYPUMP	Jamie		Group Exercise
5:35 PM - 6:35 PM	Bodyjam™	Helenjoy		Group Exercise
5:30 PM - 6:30 PM	Fitness Yoga	Pattie		Group Exercise
5:45 PM - 6:30 PM	Bodycombat Express	Steven		Group Exercise
6:35 PM - 7:35 PM	BODYATTACK FAMILY	Art		Group Exercise
6:35 PM - 7:35 PM	RPM™	Arlene		Group Exercise
6:35 PM - 7:35 PM	Bodyflow™ Family	Alexandra		Group Exercise
6:35 PM - 7:05 PM	CXWORX Family	Vicky		Group Exercise
7:40 PM - 8:10 PM	Sprint	Amy P.		Group Exercise

Friday

Time	Class	Instructor	Room	Schedule
5:45 AM - 6:45 AM	BODYPUMP	Sue		Group Exercise
6:00 AM - 7:00 AM	Yoga	Lisa M.		Group Exercise
8:30 AM - 9:30 AM	BODYVIVE	Pinky/Julia		Group Exercise
8:45 AM - 9:15 AM	Circuit Express	Clay		Group Exercise
9:30 AM - 10:30 AM	Sh'Bam™	Ashley		Group Exercise
9:30 AM - 10:30 AM	BODYPUMP	Amanda		Group Exercise
9:30 AM - 10:30 AM	Pilates	Ann		Group Exercise
10:30 AM - 11:30 AM	Bodycombat	Joye		Group Exercise
10:30 AM - 10:30 AM	Silver Sneakers	Tara		Group Exercise
10:30 AM - 11:30 AM	Multi Level Yoga	Didier		Group Exercise
10:30 AM - 11:15 AM	Zumba Gold	Veronica		Group Exercise
10:30 AM - 11:30 AM	Aqua Fitness	Inna		Group Exercise
11:30 AM - 12:30 PM	BODYPUMP	Melba		Group Exercise
11:30 AM - 12:30 PM	Line Dancing	Kim		Group Exercise
11:45 AM - 12:30 PM	Tai Chi	Gary		Group Exercise

Friday

Time	Class	Instructor	Room	Schedule
12:00 PM - 1:00 PM	Fitness Yoga	Melissa S.		Group Exercise
12:30 PM - 1:00 PM	CXWORX Family	Julie		Group Exercise
4:30 PM - 5:30 PM	BODYATTACK FAMILY	Ashley		Group Exercise
4:30 PM - 5:30 PM	Tai Chi	Elizabeth		Group Exercise
5:30 PM - 6:30 PM	BODYPUMP	John		Group Exercise
5:30 PM - 6:00 PM	Sprint	Agnes/Jamie M.		Group Exercise
6:35 PM - 7:35 PM	Zumba	Marleine		Group Exercise
6:35 PM - 7:35 PM	Yoga	Tina		Group Exercise

Saturday

Time	Class	Instructor	Room	Schedule
7:30 AM - 8:30 AM	BODYPUMP	Nicole/Christi		Group Exercise
8:30 AM - 9:30 AM	Bodystep	Amanda		Group Exercise
8:30 AM - 9:30 AM	Pilates	Jennifer		Group Exercise
8:30 AM - 9:30 AM	BODYVIVE	Sue		Group Exercise
9:30 AM - 10:30 AM	Zumba	Itza		Group Exercise
9:30 AM - 10:30 AM	BODYPUMP	Cathi		Group Exercise
9:30 AM - 10:30 AM	Bodyflow™ Family	Tracey/Chelsea		Group Exercise
9:30 AM - 10:00 AM	CXWORX Family	Sue		Group Exercise
10:00 AM - 10:30 AM	Sprint	Ashley		Group Exercise
10:30 AM - 11:30 AM	Bodycombat Family	Cathi		Group Exercise
10:30 AM - 11:30 AM	BODYATTACK FAMILY	Sara/Tara		Group Exercise
10:30 AM - 11:30 AM	Fitness Yoga	Eleni		Group Exercise
11:30 AM - 12:30 PM	Bodyjam™	Helenjoy		Group Exercise

Sunday

Time	Class	Instructor	Room	Schedule
9:00 AM - 10:00 AM	RPM™	Sheila/Tony		Group Exercise
10:00 AM - 11:00 AM	BODYPUMP	Christina/April		Group Exercise
1:00 PM - 2:00 PM	Cycle	Staff		Group Exercise

Sunday

Time	Class	Instructor	Room	Schedule
11:10 AM - 12:10 PM	Bodyflow™ Family	April		Group Exercise
2:00 PM - 3:00 PM	BODYPUMP	Tim		Group Exercise
9:00 AM - 10:00 AM	Bodystep	Pinky/Agnieszka		Group Exercise
3:00 PM - 4:00 PM	Zumba	Cristy		Group Exercise
4:00 PM - 5:00 PM	Seasonal Yoga	Gabie		Group Exercise