



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dye Clay Family YMCA
Dye Clay Family YMCA Group Exercise - Group
Exercise
Starting July 1, 2017

Monday

Time	Class	Instructor	Room	Schedule
8:45 AM - 9:15 AM	Pilates	Lee		Group Exercise
9:00 AM - 10:00 AM	BODYPUMP	Andrea		Group Exercise
9:15 AM - 10:15 AM	Yoga	Lee		Group Exercise
9:30 AM - 10:15 AM	SILVERSNEAKERS SPLASH	Natalie	Pool	Group Exercise
10:00 AM - 10:45 AM	Bodycombat Express	Heather		Group Exercise
10:30 AM - 11:30 AM	Zumba Gold	Carla		Group Exercise
10:45 AM - 11:30 AM	Silver Sneakers Circuit	Selina		Group Exercise
11:30 AM - 12:30 PM	Silver Sneakers Yoga	Cathy		Group Exercise
4:45 PM - 5:30 PM	Body Sculpt	Cindy		Group Exercise
4:45 PM - 5:30 PM	Kids Yoga	Cathy		Group Exercise
5:30 PM - 6:30 PM	Yoga	Adam		Group Exercise
5:30 PM - 6:30 PM	BODYPUMP	Shawn		Group Exercise
5:45 PM - 6:30 PM	FAMILY BOOTCAMP	Ruby	Studio A	Group Exercise
6:30 PM - 7:30 PM	Aqua Fitness	Ruby	Pool	Group Exercise
6:45 PM - 7:45 PM	Zumba Toning	Wanda		Group Exercise

Tuesday

Time	Class	Instructor	Room	Schedule
10:00 AM - 11:00 AM	Silver Sneakers Classic	Lee	Studio A	Group Exercise
9:00 AM - 10:00 AM	Step and Sculpt	Cindy		Group Exercise

Wednesday

Time	Class	Instructor	Room	Schedule
8:45 AM - 9:15 AM	Pilates	Kris		Group Exercise
9:00 AM - 10:00 AM	BODYPUMP	Shawn		Group Exercise
9:15 AM - 10:15 AM	Yoga	Kris		Group Exercise
9:30 AM - 10:15 AM	SILVERSNEAKERS SPLASH	Natalie	Pool	Group Exercise
10:00 AM - 10:45 AM	BODYCOMBAT	Annabelle	Studio A	Group Exercise
10:00 AM - 10:15 AM	Bodycombat Express	Annabelle		Group Exercise
10:45 AM - 11:30 AM	Silver Sneakers Circuit	Selina		Group Exercise

Wednesday

Time	Class	Instructor	Room	Schedule
11:30 AM - 12:30 PM	Silver Sneakers Yoga	Cathy		Group Exercise
5:30 PM - 6:30 PM	Yoga	Adam		Group Exercise
5:45 PM - 6:30 PM	FAMILY BOOTCAMP	Ruby	Studio A	Group Exercise
6:30 PM - 7:30 PM	Aqua Fitness	Ruby	Pool	Group Exercise
6:45 PM - 7:45 PM	Zumba Toning	Wanda		Group Exercise

Thursday

Time	Class	Instructor	Room	Schedule
5:30 AM - 6:30 AM	Yoga	Adam		Group Exercise
9:00 AM - 10:00 AM	H.I.I.T.	Jenna	Studio A	Group Exercise
9:15 AM - 10:15 AM	Yoga	Koryn		Group Exercise
10:00 AM - 11:00 AM	Silver Sneakers Classic	Charleen		Group Exercise
10:30 AM - 11:30 AM	Cardio Dance	Shawn		Group Exercise
11:00 AM - 12:00 PM	Line Dancing	Hal/LouAnn		Group Exercise
4:45 PM - 5:30 PM	Bosu Circuit	Cindy		Group Exercise
5:45 PM - 6:45 PM	Zumba	Tara		Group Exercise
6:30 PM - 7:30 PM	BODYPUMP	Tim		Group Exercise
7:15 PM - 8:15 PM	Line Dancing	Hal		Group Exercise

Friday

Time	Class	Instructor	Room	Schedule
9:00 AM - 10:00 AM	BODYPUMP	AJ	Studio A	Group Exercise
9:15 AM - 10:15 AM	Body Sculpt	Dawn		Group Exercise
9:30 AM - 10:30 AM	Zumba Gold	Carla		Group Exercise
10:30 AM - 11:30 AM	Silver Sneakers Classic	Hiromi		Group Exercise
11:30 AM - 12:30 PM	Silver Sneakers Yoga	Amy		Group Exercise

Saturday

Time	Class	Instructor	Room	Schedule
8:30 AM - 9:15 AM	Cycle	Ruby	Cycle Room	Group Exercise

Saturday

Time	Class	Instructor	Room	Schedule
9:15 AM - 10:15 AM	BODYPUMP	Tim		Group Exercise
10:00 AM - 11:00 AM	Yoga	Adam		Group Exercise
10:15 AM - 11:15 AM	Aqua Fitness	Amanda	Pool	Group Exercise
10:15 AM - 11:00 AM	Bodycombat Express	Tim		Group Exercise
11:00 AM - 12:00 PM	Zumba	Wanda		Group Exercise

Sunday

Time	Class	Instructor	Room	Schedule
3:00 PM - 4:00 PM	Yoga	Koryn		Group Exercise