



GET FIT.
STAY STRONG.
SEPT 2017

GROUP EXERCISE SCHEDULE

PURKS CENTER YMCA

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Group Exercise Room			Indoor Cycling Veronica		Indoor Cycling Veronica	
8:00am	Group Exercise Room	Aerobic/ Strength Joy Ann	Yoga Elke		Aerobic/ Strength Joy Ann	Yoga Elke	
	Pool	Water Aerobics Beth		Water Aerobics Beth		Water Aerobics Beth	
8:30am	Group Exercise Room						Strength Train Together (Rotational)
9:00am	Conference Room	Active Y Adults Veronica		Active Y Adults Sally		Active Y Adults Leanne	
	Pool	Water Aerobics Beth		Water Aerobics Beth		Water Aerobics Beth	
9:15am	Group Exercise Room	Strength Train Together Bonnie	Circuit Laura Beth	Strength Train Together Bridget	HIIT Bonnie	Core & Stretch Bridget	
Noon	Group Exercise Room			Cardio Burst (30 min) Bonnie			
4:15pm	Group Exercise Room	Strength Train Together Bonnie			Strength Train Together Bridget		
5:00pm	Pool	Water Aerobics Carmen		Water Aerobics Carmen		Water Aerobics Carmen	
5:30pm	Group Exercise Room		Step Sally	Strength Train Together Sally			
	Conference Room		Pilates Joy Ann		Yoga Elke		
5:45pm	Group Exercise Room	Indoor Cycling Emily			Indoor Cycling Emily		

Please see reverse side for class description.