



PURKS - GOLDING FAMILY YMCA
 GROUP EXERCISE SCHEDULE
 Morning

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Group Exercise Room	HIIT Mia		Strength Training Mia			
7:00 am	Group Exercise Room	Low Impact High Intensity Conditioning Veronica		Low Impact High Intensity Conditioning Veronica	Yoga Leah		
8:00 am	Pool	Water Aerobics Beth		Water Aerobics Beth		Water Aerobics Beth	
	Group Exercise Room	Aerobic/Strength Joy Ann	Yoga Leah		Step Aerobics & Strength Joy Ann		
9:00am	Pool	Water Aerobics Beth		Water Aerobics Beth		Water Aerobics Beth	
	Group Exercise Room	Active Y Adults Joy Ann	Strength Conditioning Bonnie (9:15am)	Active Y Adults Mindy	HIIT/ Conditioning Laura Beth (9:15am)	Strength Conditioning Laura Beth	
	Gymnasium B	Cardio & Core Kaitlyn (9:15am)	Active Y Adults Mindy			Active Yiser Adults Mindy	
	Conference Room	Healthy Aging II (Intermediate Level) Karen	Pilates Joy Ann	Healthy Aging II (Intermediate Level) Karen		Healthy Aging II (Intermediate Level) Karen	
9:30am	Group Exercise Room						Zumba Cheryl
10:00am	Group Exercise Room/ GYM/ YFIT	Cardio Drumming Karen	Rock Steady Boxing pre-assessment required	Cardio Drumming Karen	Rock Steady Boxing pre-assessment required	Cardio Drumming Karen	
10:15am	Pool		Aqua Zumba Leanne		Aqua Zumba Leanne		
11:00am	Group Exercise Room	Healthy Aging I (Fundamentals) Karen		Healthy Aging I (Fundamentals) Karen		Healthy Aging I (Fundamentals) Karen	