

GROUP EXERCISE & AQUATICS SCHEDULE

SUMMER 1: JUNE 2–JULY 20



DOW BAY AREA FAMILY YMCA

SUN

TIME	CLASS	LOCATION	INSTRUCTOR
9:30 AM–10:30 AM	Spin & Strength	Spin/ Aerobics Studio	Kara

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
8:30 AM–9:15 AM	Waterworks	Pool	Anna
8:30 AM–9:30 AM	Spinning	Spin Studio (Lower Level)	Linda
8:45 AM–9:45 AM	PIYO	Aerobics Studio	Lyndsie
9:00 AM–10:00 AM	TRX- Suspension Training	TRX Studio (Upstairs)	Andrea G.
9:30 AM–10:15 AM	Senior Splash	Pool	Anna
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
11:30 AM–12:30 PM	Abs & Assets	Uptown Park*	Carlie
5:30 PM–6:30 PM	Spinning	Spin Studio (Lower Level)	Mary Eileen
5:30 PM–6:30 PM	TRX Bootcamp	TRX Studio (Upstairs)	Jeff
5:30 PM–6:30 PM	Zumba	Aerobics Studio	Amy
6:30 PM–7:15 PM	Veva-cise	Pool	Veva
6:45 PM–7:45 PM	Brazilian Dance Fitness	Aerobics Studio	Abigail & Eric

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:00 AM–6:00 AM	HIIT	North Court (Upstairs)	Shannon
6:00 AM–7:00 AM	Sunrise Pilates	Uptown Park*	Lyndsie
8:00 AM–9:00 AM	Guts & Glutes	Aerobics Studio	Shannon
8:30 AM–9:15 AM	Aqua Fitness	Pool	Abby
9:30 AM–10:30 AM	Active Older Adults (AOA)	Wenonah Park Pavilion*	Chuck
9:30 AM–10:00 AM	Discovering Dance (Ages 5–8)**	Aerobics Studio	Aubrey
9:30 AM–10:15 AM	Adapted Aquatics Exercise	Pool	Abby
10:30 AM–11:30 AM	Tai Chi For Health	Wenonah Park Pavilion*	Karl
12:15 PM–12:45 PM	Body Blitz	Aerobics Studio	Kara
5:30 PM–6:30 PM	Spinning	Spin Studio (Lower Level)	Monica
5:30 PM–6:45 PM	Yoga	Aerobics Studio	Karrey
5:30 PM–6:30 PM	Strength Bootcamp	TRX Studio (Upstairs)	Heidi
6:00 PM–7:00 PM	HydroRevolution	Pool	Orentheus

WED

TIME	CLASS	LOCATION	INSTRUCTOR
5:15 AM–6:15 AM	Spinning	Spin Studio (Lower Level)	Monica
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
8:00 AM–9:00 AM	Yoga Fundamentals	Aerobics Studio	Tom

The Dow Bay Area Family YMCA reserves the right to make changes to this schedule.

*In case of inclement weather, outdoor classes will be held in the Aerobics Studio.

**Aubrey's classes start week of June 11th

 = New class, time or location change

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:30 AM–9:30 AM	Spinning	Spin Studio (Lower Level)	Monica
8:30 AM–9:15 AM	Waterworks	Pool	Veva
9:00 AM–10:00 AM	TRX- Suspension Training	TRX Studio (Upstairs)	Andrea G.
9:30 AM–10:15 AM	Senior Splash	Pool	Veva
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
11:15 AM–11:45 AM	Step+Sculpt	Aerobics Studio	Carlie
12:00 PM–12:30 PM	Movement Mastery (Ages 9+)**	Aerobics Studio	Aubrey
4:30 PM–5:30 PM	Spinning	Spin Studio (Lower Level)	Vivian
5:30 PM–6:30 PM	Total Body Blast	Aerobics Studio	Christine
6:30 PM–7:30 PM	Tai Chi	Carroll Park*	Dr. Greg

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:00 AM–6:00 AM	HIIT	North Court (Upstairs)	Shannon
5:45 AM–6:45 AM	Pilates Remix	Aerobics Studio	Lyndsie
8:00 AM–9:00 AM	Cardio+Sculpt	Aerobics Studio	Carlie
8:30 AM–9:15 AM	Aqua Fitness	Pool	Veva
9:30 AM–10:30 AM	Active Older Adults (AOA)	Wenonah Park Pavilion*	Chuck
9:30 AM–10:15 AM	Adapted Aquatics Exercise	Pool	Veva
9:30 AM–10:00 AM	Mommy & Me Dance (Ages 3–5)**	Aerobics Studio	Aubrey
10:00 AM–11:00 AM	Strong Nation	TRX Studio	Makayla
12:15 PM–12:45 PM	Body Blitz	Aerobics Studio	Kara
5:30 PM–6:30 PM	TRX Bootcamp	TRX Studio (Upstairs)	Jeff
5:30 PM–6:30 PM	Zumba	Aerobics Studio	Brandy
6:00 PM–7:00 PM	Spinning	Spin Studio (Lower Level)	Sue
6:30 PM–7:30 PM	Veva-cise	Pool	Veva
6:45 PM–7:45 PM	Cardio Kickboxing	Aerobics Studio	Christine

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:15 AM–6:15 AM	Spinning	Spin Studio (Lower Level)	Monica
5:30 AM–6:30 AM	Breakfast Club Bootcamp	North Court (Upstairs)	Christine
8:30 AM–9:30 AM	On the Ball	Aerobics Studio	Christine
8:30 AM–9:15 AM	Waterworks	Pool	Abby
9:00 AM–10:00 AM	Spin/TRX	Spin Studio/TRX Studio	Kara
9:30 AM–10:15 AM	Senior Splash	Pool	Abby
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
12:15 PM–12:45 PM	Aqua Barre	Pool	Anna
5:30 PM–6:30 PM	Yoga	Aerobics Studio	Karrey

SAT

TIME	CLASS	LOCATION	INSTRUCTOR
7:15 AM–8:00 AM	Pilates Remix	Aerobics Studio	Christine
7:30 AM–8:30 AM	Circuit Saturday	TRX Studio (Upstairs)	Heidi
9:00 AM–10:00 AM	Spinning	Spin Studio (Lower Level)	Sue
9:30 AM–10:30 AM	Zumba	Aerobics Studio	Brandy

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