

# GROUP EXERCISE & AQUATICS SCHEDULE

FALL: SEPTEMBER 8–OCTOBER 26



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
4:00 PM–4:30 PM	Mommy & Me Dance	Aerobics Studio	Aubrey
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
7:45 PM–8:45 PM	Dance Technical Workshop*	Aerobics Studio	Abigail & Eric

\*This is an advanced class for those who want to take their technique to a new level!

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:00 AM–6:00 AM	Drenched	North Court (Upstairs)	Karen
8:00 AM–9:00 AM	Guts & Glutes	Aerobics Studio	Shannon
8:30 AM–9:30 AM	Spin/Core	Spin Studio (Lower Level)	Karen
8:30 AM–9:15 AM	Aqua Fitness	Pool	Abby
9:30 AM–10:30 AM	Active Older Adults (AOA)	Aerobics Studio	Chuck
9:30 AM–10:15 AM	Adaptive Aquatic Exercise	Pool	Abby
10:30 AM–11:15 AM	AquaTone	Pool	Karen
10:30 AM–11:30 AM	Tai Chi For Health	Aerobics Studio	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–6:30 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.



= New class, time, or location change



## WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:30 AM–9:30 AM	Spinning	Spin Studio (Lower Level)	Mary-Eileen
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
10:30 AM–11:15 AM	AquaTone	Pool	Karen
11:15 AM–11:45 AM	Step+Sculpt	Aerobics Studio	Carlie
4:30 PM–5:30 PM	Spinning	Spin Studio (Lower Level)	Mary-Eileen
5:30 PM–6:30 PM	Total Body Blast	Aerobics Studio	Christine
6:45 PM–7:45 PM	Tai Chi	Aerobics Studio	Dr. Greg

## THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
5:00 AM–6:00 AM	HIIT with Karen	North Court (Upstairs)	Karen
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	Ludkhana
9:30 AM–10:30 AM	Active Older Adults (AOA)	Aerobics Studio	Chuck
9:30 AM–10:15 AM	Adaptive Aquatic Exercise	Pool	Ludkhana
10:00 AM–11:00 AM	Strong Nation	TRX Studio	Makayla
12:15 PM–12:45 PM	Body Blitz	Aerobics Studio	Kara
2:00 PM–3:00 PM	Gentle Flow Yoga	Aerobics Studio	Gail
5:30 PM–6:30 PM	TRX Bootcamp	TRX Studio (Upstairs)	Jeff
5:30 PM–6:30 PM	Zumba	Aerobics Studio	Brandy
6:30 PM–7:30 PM	Veva-cise	Pool	Veva
6:45 PM–7:45 PM	Mastering Mobility	Aerobics Studio	Caroline

## 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
9:30 AM–10:15 AM	Senior Splash	Pool	Abby
10:00 AM–11:00 AM	Enhance Fitness	Aerobics Studio	Linda
11:30 AM–12:30 PM	Mastering Mobility	Aerobics Studio	Caroline
12:15 PM–12:45 PM	Aqua Barre	Pool	Anna

## 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
10:45 AM–11:45 AM	Brazilian Dance	Aerobics Studio	Abigail & Eric
11:45 AM–12:45 PM	Dance Technical Workshop*	Aerobics Studio	Abigail & Eric

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