



## East YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle Circuit</b> Studio C	5:30AM-6:30AM (Group Fitness) <i>Kamri P.</i>			8:30AM-9:30AM (Group Fitness) <i>Alyssa C.</i>	5:30AM-6:30AM (Group Fitness) <i>Kamri P.</i>		
<b>Boomer Body Blitz</b> Studio B	8:15AM-9:00AM (Group Fitness) <i>Anne D.</i>						
<b>Muscle Pump</b> Studio B	9:00AM-10:00AM (Group Fitness) <i>Brenda S.</i>  5:30PM-6:30PM (Group Fitness) <i>Tamara C.</i>		9:00AM-10:00AM (Group Fitness) <i>Brenda S.</i>  5:30PM-6:30PM (Group Fitness) <i>Sarah W.</i>			9:30AM-10:15AM (Group Fitness) <i>Stephanie N.</i>	
<b>Beginner Yoga</b> Studio A	9:00AM-10:00AM (Group Fitness) <i>Cori P.</i>						
<b>Cycle 45</b> Studio C	9:15AM-10:00AM (Group Fitness) <i>Katie E.</i>  5:30PM-6:15PM (Group Fitness) <i>Toni T.</i>	5:30AM-6:15AM (Group Fitness) <i>Jescia S.</i>  9:15AM-10:00AM (Group Fitness) <i>LeaAnn M.</i>	5:30PM-6:15PM (Group Fitness) <i>Julie M.</i>	6:15PM-7:00PM (Group Fitness) <i>Chawntel W.</i>	9:15AM-10:00AM (Group Fitness) <i>Brenda S.</i>	8:15AM-9:00AM (Group Fitness) <i>Anne D.</i>	
<b>Boomer Cardio Dance</b> Studio B	10:00AM-10:25AM (Group Fitness) <i>Mary B.</i>		10:00AM-10:30AM (Group Fitness) <i>Mary B.</i>		10:00AM-10:30AM (Group Fitness) <i>Mary B.</i>		
<b>SilverSneakers® Classic</b> Studio B	10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>		10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>		10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>		
<b>LIFT 30-UPPER</b> Studio B	4:30PM-5:00PM (Group Fitness) <i>Toni T.</i>	9:00AM-9:30AM (Group Fitness) <i>Julie M.</i>					
<b>Zumba® Fitness</b> Studio B	6:30PM-7:30PM (Group Fitness) <i>Aimee V.</i>			6:30PM-7:30PM (Group Fitness) <i>Aimee V.</i>			
<b>Body Design</b> Studio B		5:15AM-6:00AM (Group Fitness) <i>Sasha K.</i>		8:30AM-9:30AM (Group Fitness) <i>Mindy G.</i>			
<b>Lower Body Blitz</b> Studio B		8:30AM-9:00AM (Group Fitness) <i>Julie M.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Studio A		9:15AM-10:15AM (Group Fitness) <i>Molly V.</i>  5:30PM-6:30PM (Group Fitness) <i>Karma D.</i>	9:00AM-10:00AM (Group Fitness) <i>Cori P.</i>	9:15AM-10:15AM (Group Fitness) <i>Molly V.</i>  5:30PM-6:30PM (Group Fitness) <i>Liz C.</i>	9:00AM-10:00AM (Group Fitness) <i>Cori P.</i>		10:30AM-11:30AM (Group Fitness) <i>Charyl D.</i>
<b>CORE</b> Studio B		9:30AM-10:00AM (Group Fitness) <i>Julie M.</i>		5:00PM-5:30PM (Group Fitness) <i>Julie M.</i>			
<b>SilverSneakers® Circuit</b> Studio B		10:30AM-11:30AM (Group Fitness) <i>Mary B.</i>					
<b>VIRTUAL-Chair Yoga</b> Studio A		10:30AM-11:30AM (Group Fitness) <i>YMCA360 V.</i>					
<b>Flow Fusion</b> Studio B		5:30PM-6:00PM (Group Fitness) <i>Cam E.</i>					
<b>Powerkick</b> Studio B		6:00PM-6:45PM (Group Fitness) <i>Cam E.</i>					8:30AM-9:15AM (Group Fitness) <i>Cam E.</i>
<b>Tai Chi</b> Studio A		6:30PM-7:30PM (Group Fitness) <i>David L.</i>					
<b>Pop Up-Puppy Yoga</b> Chicken and Pickle		6:30PM-7:15PM (Group Fitness) <i>Cori P.</i>					
<b>Body Blitz</b> Studio B			5:30AM-6:15AM (Group Fitness) <i>Frances E.</i>				9:15AM-9:45AM (Group Fitness) <i>Cam E.</i>
<b>Pop Up-Sunrise Yoga</b> East Turf			6:00AM-6:45AM (Group Fitness) <i>Molly V.</i>				
<b>Barre Fusion</b> Studio B			8:15AM-9:00AM (Group Fitness) <i>Alyssa C.</i>				
<b>Cycle 30</b> Studio C			8:30AM-9:00AM (Group Fitness) <i>Julie M.</i>				
<b>Pop Up-Family Body Blitz</b> Studio B				9:30AM-10:15AM (Group Fitness) <i>Mindy G.</i>			
<b>SilverSneakers® Yoga</b> Studio B				10:30AM-11:30AM (Group Fitness) <i>Connie R.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LIFT 30-LOWER</b> Studio B				4:30PM-5:00PM (Group Fitness) <i>Julie M.</i>	9:00AM-9:30AM (Group Fitness) <i>Julie M.</i>		
<b>Upper Body Blitz</b> Studio B					8:30AM-9:00AM (Group Fitness) <i>Julie M.</i>		
<b>Boomer Bootcamp</b> Loft					10:00AM-10:45AM (Group Fitness) <i>Anne D.</i>		
<b>Water Works</b> Lap Pool						8:30AM-9:30AM (Group Fitness) <i>Asa L.</i>	
<b>Yoga</b> Studio B						10:30AM-11:30AM (Group Fitness) <i>Stephanie N.</i>	