



El Dorado YMCA | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LIFT 30-UPPER Studio B	5:15AM-5:45AM (Group Fitness) <i>Kaiden M.</i> 6:00PM-6:30PM (Group Fitness) <i>Dakota C.</i>		10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i>				
Cycle 30 Studio B	5:45AM-6:15AM (Group Fitness) <i>Cassie C.</i>		5:45AM-6:15AM (Group Fitness) <i>Haylee M.</i>				
Muscle Pump Studio B	9:00AM-10:00AM (Group Fitness) <i>April J.</i>						
Yoga Studio A	9:00AM-10:00AM (Group Fitness) <i>Laela H.</i> 5:15PM-6:15PM (Group Fitness) <i>Janice T.</i>	9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>		9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>			
Water Tabata Lap Pool	10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i> 6:45PM-7:45PM (Group Fitness) <i>Wendy A.</i>	10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i> 6:45PM-7:45PM (Group Fitness) <i>Wendy A.</i>		10:00AM-10:45AM (Group Fitness) <i>April J.</i> 6:45PM-7:45PM (Group Fitness) <i>Wendy A.</i>		10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i>	
Silver Sneakers® Stability Studio B	10:00AM-10:45AM (Group Fitness) <i>Julie W.</i>			10:15AM-11:00AM (Group Fitness) <i>Julie W.</i>			
Cycle 45 Studio B	6:30PM-7:15PM (Group Fitness) <i>Briley R.</i>						
Arthritis Water Exercise Family Pool		8:00AM-8:45AM (Group Fitness) <i>Cassie C.</i>		8:00AM-8:45AM (Group Fitness) <i>Alexandria E.</i>			
Bootcamp Gym 1		9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>	6:00PM-7:00PM (Group Fitness) <i>Dakota C.</i>			12:00PM-1:00PM (Group Fitness) <i>Dakota C.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Studio A		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>			
SilverSneakers® Circuit Studio B		10:00AM-11:00AM (Group Fitness) <i>Julie W.</i>					
Chair Yoga Studio B		11:00AM-12:00PM (Group Fitness) <i>Laela H.</i>					
Zumba® Fitness Studio B		6:00PM-7:00PM (Group Fitness) <i>Cassie C.</i>					
LIFT 30-LOWER Studio B			5:15AM-5:45AM (Group Fitness) <i>Kaiden M.</i>		10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i> 6:00PM-6:30PM (Group Fitness) <i>Dakota C.</i>		
Body Design Studio A			9:00AM-10:00AM (Group Fitness) <i>April J.</i>				
Water Works Lap Pool			10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i>				
Cardio Dance Studio B			10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i>		10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i> 6:30PM-7:00PM (Group Fitness) <i>Dakota C.</i>		
SilverSneakers® Classic Studio B				9:00AM-10:00AM (Group Fitness) <i>Julie W.</i>			
Pilates Studio B					9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>		
Cycle Circuit Studio A					9:00AM-9:45AM (Group Fitness) <i>Briley R.</i>		
Water Bootcamp Lap Pool					10:00AM-11:00AM (Group Fitness) <i>April J.</i>		
VIRTUAL-Beginner Yoga Gym 1						9:00AM-9:30AM (Group Fitness) <i>YMCA360</i>	

