



# MCGAW YMCA GROUP EXERCISE SCHEDULE OCTOBER 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45-7:30am	<b>LES MILLS BODYATTACK®</b> Elizabeth South Gym OR Virtual	<b>Power Yoga</b> Shauna Larimer Park 1213 Oak Avenue	<b>Cycling</b> 6:30-7:15am Laima HIIT/Cycle Studio	<b>Power Yoga</b> Shauna South Gym OR Virtual			
7:45-8:30am		<b>Zumba®</b> Rhonda South Gym OR Virtual					
8:45-9:30am	<b>HIIT Circuit</b> 8:30-9:15am Alyson HIIT/Cycle Studio		<b>WERQ®</b> Kristy South Gym OR Virtual	<b>BODYPUMP®</b> Lynn South Gym OR Virtual		<b>Zumba®</b> Kristy South Gym OR Virtual	
9:45-10:30am	<b>Athletic NIA</b> Susan South Gym OR Virtual	<b>Pilates/Core</b> Dee South Gym OR Virtual	<b>Athletic NIA</b> Susan South Gym OR Virtual	<b>Cycling</b> 9:40-10:25am Lynn HIIT/Cycle Studio	<b>Athletic NIA</b> Susan South Gym OR Virtual	<b>Cycling</b> 9:30-10:15am Tricia HIIT/Cycle Studio	<b>Zumba®</b> Kristy South Gym OR Virtual
10:45-11:30am			<b>Active Older Adults Chair Yoga</b> Ine South Gym OR Virtual	<b>Hatha Yoga</b> 9:45-11:10am Ine Larimer Park 1213 Oak Avenue	<b>Kickboxing</b> Marilyn South Gym OR Virtual	<b>Hatha Yoga</b> 9:45-11:10am Ine Larimer Park 1213 Oak Avenue	
11:45am-12:30pm	<b>Cardio/Strength</b> Dee Outdoor at McGaw		<b>Cardio/Strength</b> Dee Outdoor at McGaw		<b>Active Older Adults Chair Exercise</b> Marsha South Gym OR Virtual	<b>Zumba®</b> Marilyn South Gym OR Virtual	
12:00-12:45pm	<b>Aqua Fit*</b> Maureen 4-Lane Pool	<b>Aqua Zumba®*</b> Dee 4-Lane Pool		<b>Aqua Fit*</b> Maureen 4-Lane Pool	<b>Aqua Fit*</b> Sarah 4-Lane Pool		
12:45-1:30pm	<b>Active Older Adults Chair Exercise</b> Sarah South Gym OR Virtual			<b>HIIT Circuit</b> 12:30-1:15pm Alyson HIIT/Cycle Studio			<b>Hatha Yoga</b> 12:45-2:10pm Ine South Gym OR Virtual
4:45-5:30pm	<b>Yoga/Pilates Fusion</b> Ruth South Gym OR Virtual	<b>HIIT/ViPR</b> Marilyn South Gym	<b>Yoga/Meditation</b> Shauna Larimer Park 1213 Oak Avenue	<b>Zumba®</b> Kristy South Gym OR Virtual			
4:45-5:30pm	<b>Bodyweight Boot Camp</b> Kristy Larimer Park 1213 Oak Avenue			<b>Bodyweight Boot Camp</b> Instructor TBA Larimer Park 1213 Oak Avenue			
5:45-6:30pm		<b>Zumba®</b> Marilyn South Gym OR Virtual	<b>LES MILLS BODYATTACK®</b> Elizabeth South Gym OR Virtual	<b>HIIT Circuit</b> 5:30-6:15pm Alyson HIIT/Cycle Studio			

Change from last month's schedule

\*Reserve under Pool Reservations  
<https://www.mcgawymca.org/pool-reservations/>