



MCGAW YMCA GROUP EXERCISE SCHEDULE

AUGUST 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45-7:30am	Indoor Cycling Laima Cycle Studio	Power Yoga Shauna Larimer Park	Indoor Cycling Laima Cycle Studio	Power Yoga Shauna GES or Virtual			
7:45-8:30am		Zumba® Rhonda GES or Virtual					
8:45-9:30am	Athletic NIA Susan GES or Virtual		Athletic NIA Susan GES or Virtual		Athletic NIA Susan GES or Virtual	Zumba® Kristy South Gym or Virtual	
9:45-10:30am	Vinyasa Yoga Pilates Flow Sara Virtual	LES MILLS BODYPUMP® Lynn GES or Virtual	HIGH Fitness Cameo GES or Virtual	LES MILLS BODYPUMP® Lynn GES or Virtual	Vinyasa Yoga Pilates Flow Sara Virtual	Hatha Yoga 9:45-11:10am Ine Clark Square Park	Zumba® Kristy South Gym or Virtual
10:45-11:30am		LES MILLS CORE® Kristy GES or Virtual	Active Older Adults Chair Yoga Ine GES or Virtual	Hatha Yoga 10:45-12:10pm Ine Butler Park	LES MILLS CORE® Mila GES or Virtual		
11:45am-12:30pm	Power Core and Stretch Dee GES or Virtual		Power Core and Stretch Dee GES or Virtual				
12:00pm-12:45pm	Aqua Fit Maureen 4-Lane Pool	Aqua Zumba Dee 4-Lane Pool		Aqua Fit Maureen 4-Lane Pool	Aqua Fit Sarah 4-Lane Pool		
12:45-1:30pm	Active Older Adults Chair Exercise Ruth GES or Virtual				Active Older Adults Chair Exercise Ruth GES or Virtual		Hatha Yoga 12:45-2:10pm Ine GES or Virtual
4:45-5:30pm	Yoga/Pilates Fusion Ruth GES or Virtual	FitCamp Alyson Larimer Park	Yoga/Meditation Shauna Larimer Park	Zumba® Kristy GES or Virtual			Salsa Beg/Int 2:45-3:30pm Andres GES or Virtual
5:45-6:30pm	LES MILLS BODYPUMP® Mila GES or Virtual		LES MILLS BODYPUMP® Mila GES or Virtual	FitCamp 4:45-5:30pm Alyson Eggleston Park			Bachata Beg/Int 3:45-4:30pm Andres GES or Virtual
6:45-7:30pm	WERQ® Kristy GES or Virtual						