



# MCGAW YMCA GROUP EXERCISE SCHEDULE

## SEPTEMBER 20 - OCTOBER 17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:45-6:30am</b>	<b>Morning Power Up</b> Susan GES or Virtual	<b>Power Yoga 6:45am-7:30am</b> Shauna Larimer Park	<b>Morning Power Up</b> Elizabeth GES or Virtual	<b>Power Yoga 6:45am-7:30am</b> Shauna GES or Virtual	<b>Morning Power Up</b> Elizabeth GES or Virtual		
<b>6:45-7:30am</b>		<b>Indoor Cycling</b> Laima Cycle Studio		<b>Indoor Cycling</b> Laima Cycle Studio			
<b>7:45-8:30am</b>		<b>Zumba®</b> Rhonda GES or Virtual					
<b>8:45-9:30am</b>	<b>Athletic NIA</b> Susan GES or Virtual		<b>Athletic NIA</b> Susan GES or Virtual	<b>Line Dancing</b> Billie GES or Virtual	<b>Athletic NIA</b> Susan GES or Virtual	<b>Zumba®</b> Kristy South Gym or Virtual	<b>Women's Self-Dense &amp; Fitness</b> Staley Martial Arts South Gym
<b>9:45-10:30am</b>	<b>Vinyasa Yoga Pilates Flow</b> Sara Virtual	<b>LES MILLS BODYPUMP®</b> Lynn GES or Virtual	<b>HIGH Fitness</b> Cameo GES or Virtual	<b>LES MILLS BODYPUMP®</b> Lynn GES or Virtual	<b>Vinyasa Yoga Pilates Flow</b> Sara Virtual	<b>LES MILLS CORE®</b> Kristy GES or Virtual	<b>Zumba®</b> Kristy South Gym or Virtual
<b>10:45-11:30am</b>		<b>Artistic/Synchronized Swimming</b> 10:00am-10:45am Cathy 4-Lane Pool	<b>Active Older Adults Chair Yoga</b> Ine GES or Virtual	<b>Hatha Yoga 10:45-12:10pm</b> Ine Butler Park		<b>Hatha Yoga 9:45-11:10am</b> Ine Clark Square Park	<b>LES MILLS BODYPUMP®</b> Mila GES or Virtual
<b>11:45am-12:30pm</b>	<b>Power Core and Stretch</b> Dee GES or Virtual	<b>Intro to Yoga series</b> Courtney GES or Virtual	<b>Power Core and Stretch</b> Dee GES or Virtual		<b>LES MILLS CORE®</b> Mila GES or Virtual		
<b>12:00pm-12:45pm</b>	<b>Aqua Fit</b> Erica 4-Lane Pool	<b>Aqua Zumba</b> Dee 4-Lane Pool	<b>Intro to Cycling Series 11:45am-12:30pm</b> Alyson Cycle Studio	<b>Aqua Fit</b> Dee 4-Lane Pool	<b>Aqua Fit</b> Sarah 4-Lane Pool		
<b>12:45-1:30pm</b>	<b>Active Older Adults Chair Exercise</b> Ruth GES or Virtual			<b>BeMoved Dance</b> Heidi GES or Virtual	<b>Active Older Adults Chair Exercise</b> Ruth GES or Virtual		<b>Hatha Yoga 12:45-2:10pm</b> Ine GES or Virtual
<b>4:45-5:30pm</b>	<b>Yoga/Pilates Fusion</b> Ruth GES or Virtual		<b>Yoga/Meditation</b> Shauna Larimer Park	<b>Zumba®</b> Kristy GES or Virtual			<b>Salsa Beg/Int 2:45-3:30pm</b> Andres GES or Virtual
<b>5:45-6:30pm</b>	<b>LES MILLS BODYPUMP®</b> Mila GES or Virtual	<b>Intro to LES MILLS BODYPUMP® series</b> Mila GES or Virtual	<b>LES MILLS BODYPUMP®</b> Mila GES or Virtual				<b>Bachata Beg/Int 3:45-4:30pm</b> Andres GES or Virtual
<b>6:45-7:30pm</b>	<b>WERQ®</b> Kristy GES or Virtual	<b>African Groove Dance</b> New Rhythm Arts Center GES or Virtual	<b>Intro to Zumba® series</b> Rhonda GES or Virtual				