

**Group Fitness Class schedule
May 2022**

**YWCA IS ON
A MISSION**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes						
BOOTCAMP 5:00-6AM Howard	BOOTCAMP 5:00-6AM Howard	BOOTCAMP 5:00-6AM Howard	BOOTCAMP 5:00-6AM Howard	BOOTCAMP 5:00-6AM Howard	All- Levels Flow Yoga 7:30- 8:55am Stephanie (Dance room) Zoom ID:848 8537 8843 Passcode: N/A	BOOTCAMP 8AM-9AM Howard
BOOTCAMP 6:00-7AM Howard	BOOTCAMP 6:00-7AM Howard	BOOTCAMP 6:00-7AM Howard	BOOTCAMP 6:00-7AM Howard	BOOTCAMP 6:00-7AM Howard		
Spin 7:00am-8:00AM Joyce (Spin room)	Dance Fitness 8:00-9:00am Sally (Dance room)	Spin 7:00am-8:00AM Joyce (Spin room)	Dance Fitness 8:00-9:00am Sally (Dance room)	Spin 7:00am-8:00AM Joyce (Spin room)		Zumba 11-12PM Carla(Dance room)
Fun.Fit. and Fifty 8:00-9:00am Jen	Walking Group 9:00-10:00am Jenn (Flagpole)	Fun.Fit. and Fifty 8:00-9:00am Jen	Walking Group 9:00-10:00am Jenn (Flagpole)	Fun.Fit. and Fifty 8:00-9:00am Jen	BOOTCAMP 8AM-9AM Howard	
Gentle Yoga 9:15 - 10:15am Lisa (Dance Room / Online) Zoom ID: 438798686 Passcode: YOGA123	Silver Sneakers CLASSIC 9:00 - 9:45am Colleen M	Spin 9:00A-10AM JENN(Spin room)	Silver Sneakers CLASSIC 9:00 - 9:45am Colleen M	Gentle Yoga 9:15 - 10:15am Lisa (Dance Room / Online) Zoom ID: 438798686 Passcode: YOGA123	8:00a- 9:00AM Stacey (Spin room)	
	Vinyasa Flow 9:00 - 10AM Judy(BACK YOGA RM)					
Barre/Pilates 9:30 - 10:30am Polly (Yoga RM)	Silver Sneakers Seated 10:00 - 10:45am Colleen M	Gentle Yoga 9:15 - 10:15am Lisa (Dance Room / Online) Zoom ID: 438798686 Passcode: YOGA123	Silver Sneakers Seated 10:00 - 10:45am Colleen M	Chair Yoga 10:30 - 11:30am Julie (Dance room/online) Zoom ID:876 7329 6289 Passcode: 1920	9:00 - 10:00am Debbie/JIM Zoom ID: 851 8678 6009 Passcode: N/A	
Chair Yoga 10:30 - 11:30am Julie (Dance room/online) Zoom ID: 876 7329 6289 Passcode: 1920	YOGA Sculpt 11:00 - 12:00pm Sarah (Yoga Room)	Barre/Pilates 10:30 - 11:30am Polly (Dance room/online) Zoom ID:846 1088 3604	Somatic Movement Class 2-3PM Julie Zoom ID: 891 6861 9089 Passcode: 1920			
Afternoon / Evening Classes						
Zumba Toning 1:00 - 2:15pm Debbie (Dance room/Online) Zoom ID: 88970556575 Passcode: N/A		HIIT 5:15- 5:45pm AmyBeth (Dance room)		Zumba Toning 3:00 - 4:15pm Debbie (Dance room/Online) Zoom ID: 841 2849 3543 Passcode: N/A		
HIIT 5:15- 5:45pm AmyBeth (Dance room)	Club AK 6:00-7:00pm Allison (Dance room)	Barre 6:00-7:00pm Carla(Dance room)	Zumba 6:00-7:00pm Carla(Dance room)	HIIT 5:15- 5:45pm AmyBeth (Dance room)		
Sweat and Swagger 6:00-7:00pm Allison	All- Levels Flow Yoga 7:05 - 8:15pm Stephanie (Dance room) Zoom ID: 891 1520 7835 Passcode: N/A	Spin 6:30-7:30pm Eric (Spin room)	All- Levels Flow Yoga 7:05 - 8:15pm Stephanie (Dance room) Zoom ID: 891 1520 7835 Passcode: N/A			
Spin 6:30-7:30pm		YOGA Sculpt 5:30-6:30pm Sarah (Back Yoga Room)				

online option available Green - Online only Red - Outdoor class, weather permitting Pink - Spin Class