



GROUP EXERCISE SCHEDULE

GREENE COUNTY YMCA

BEGINNING FEBRUARY 1, 2018

MONDAY

6:00-6:25	Group	W.O.D.	Denise
8:00-8:30	Pool	Aqua Stretch	Sue
8:00-8:55	Group	MOVE	Rotation
8:00-9:00	Cycle	Spin Yogi	Holly
8:30-9:30	Pool	Water Fit	Sue
9:00-9:50	Group	Tai Chi	Deborah
10:00-10:25	FT	W.O.D. (AOA - ages 50+)	Tasha
10:00-10:55	Group	Yoga	Stacy
11:00-11:30	Group	Stay Fit	Deborah
11:00-11:45	Pool	Arthritis Water Class	Rotation
11:30-12:15	Group	Stretch For Life Yoga	Deborah
12:00-12:30	Cycle	Pedaling For Parkinson's	Tasha
12:00-12:45	Pool	Arthritis Water Class	Rotation
4:15-5:00	Group	Step Challenge	Jolynn
5:15-5:55	Group	Power Yoga	Jolynn
5:30-5:55	FT	W.O.D.	Jimmy
5:30-6:15	Pool	Aqua Dance	Gail
5:45-6:30	Cycle	Intermediate Cycle	Chris
6:00-6:55	Group	RIP	Denise
7:00-8:00	Group	Yoga	Lena

TUESDAY

5:45-6:30	Cycle	Intermediate Cycle	Denise
8:00-8:55	Group	Vinyasa (Flow Yoga)	Margo
8:30-9:30	Pool	20/20/20	Gail
9:00-9:55	Group	Bodyworks	Rotation
10:00-10:55	Group	Barre	Danielle
11:00-11:55	Group	Yoga	Danielle
11:30-12:15	Pool	Arthritis Water Class	Linda
4:15-4:55	Group	Shred	Jolynn
4:30-4:55	FT	W.O.D. (ages 9-14)	Jimmy
5:30-6:25	Group	Zumba	Debbie S.
5:30-6:30	Pool	Water Fit	Gail
6:30-7:10	Group	Pound	Carrie
7:15-8:00	Group	Cardio Kickboxing	Lannette

WEDNESDAY

6:00-6:25	Group	W.O.D.	Denise
8:00-8:30	Pool	Aqua Stretch	Sue
8:00-8:55	Group	MOVE	Rotation
8:00-9:00	Cycle	Spin Yogi	Holly
8:30-9:30	Pool	Water Fit	Sue
9:00-9:45	Group	Step	Lisa
9:00-9:45	YG	Homeschool PE	Nicolle
10:00-10:25	FT	W.O.D. (AOA - ages 50+)	Tasha
10:00-10:30	YAR	Pre-school MOVE	Nicolle
10:00-10:55	Group	Yoga	Nancy
11:00-11:30	Group	Stay Fit	Deborah
11:00-11:45	Pool	Arthritis Water Class	Rotation
11:30-12:15	Group	Stretch For Life Yoga	Deborah
12:00-12:45	Pool	Arthritis Water Class	Ann
5:30-5:55	Group	Glutes & Core	Aneta
5:45-6:30	Cycle	Intermediate Cycle	Chris
6:00-7:00	Group	Cardio Intervals	Carrie

THURSDAY

5:45-6:30	Cycle	Intermediate Cycle	Denise
8:00-8:55	Group	Vinyasa (Flow Yoga)	Margo
8:30-9:30	Pool	20/20/20	Gail
9:00-9:55	Group	Bodyworks	Rotation
10:00-10:55	Group	Barre	Danielle
11:00-11:55	Group	Yoga	Danielle
11:30-12:15	Pool	Arthritis Water Class	Linda
4:15-5:00	Group	Step Challenge	Jolynn
4:30-4:55	FT	W.O.D. (ages 9-14)	Jolynn
5:15-5:55	Group	Yoga	Jolynn
5:30-6:30	Pool	Water Fit	Gail
6:00-6:25	FT	W.O.D.	Jimmy
6:00-6:30	Group	Zumba	Debbie S.
6:35-7:30	Group	RIP	Denise

FRIDAY

6:00-6:25	Group	W.O.D.	Denise
8:00-8:55	Group	RIP	Margo
8:00-8:20	Cycle	Beginner Cycle	Terri
8:15-9:00	Cycle	Intermediate Cycle	Terri
8:30-9:30	Pool	Aqua Dance	Sue
9:00-9:45	Group	Dance, Dance	Danielle
10:00-10:55	Group	Yogalates	Andy
11:00-11:45	Pool	Arthritis Water Class	Rotation
12:00-12:45	Pool	Arthritis Water Class	Rotation
5:00-5:55	Group	Vinyasa (Flow Yoga)	Lena

SATURDAY

8:00-8:55	Group	Yoga	Jolynn
8:45-9:45	Pool	High Intensity Water Fit	Rotation
9:00-10:00	Group	Shred	Jolynn
10:00-10:25	Group	W.O.D.	Jimmy
10:45-12:00	Group	Cardio Kickboxing	Lannette
11:30-12:15	Pool	Arthritis Water Class	Linda

KEY:

YAR	Youth Activity Room
Group	Group Exercise Studio
Cycle	Cycling Studio
FT	Functional Training
YG	Youth Gym

Childwatch (Ages 6 weeks - 5 years old)

Monday-Saturday 8:00 a.m. - 12:00 Noon

Monday-Thursday 4:00 p.m. - 8:00 p.m.

Youthwatch (Ages 6 - 12 years old)

Monday-Thursday 3:30 p.m. - 8:00 p.m.

Friday 3:30 p.m. - 6:00 p.m.

Appropriate attire must be worn at all times.

Youth ages 9 - 12 are allowed to participate in classes if accompanied by an adult.