

November Group Exercise Schedule

Monday			Tuesday			Wednesday			Thursday			Friday		
8:00 A.M.	Aqua Stretch Sue H Pool	6:30 A.M.	Self Defense Al YG	8:00 A.M.	Aqua Stretch Sue H Pool	6:30 A.M.	Self Defense Al YG	8:00 A.M.	Aqua Stretch Sue H Pool					
	Movement for Moms Tiffany RB	8:00 A.M.	Yogalates Lisa GES		Spin Holly GES2	8:00A.M.	Yogalates Lisa GES		Spin Holly GES2					
	Boogie Blast Rhonda GES	8:30 A.M.	Water Fit Shawn Pool		Boogie Blast Rhonda GES	8:30 A.M.	Water Fit Shawn Pool		HIIT Virtual GES					
	Spin Holly GES2		Spin Jamie GES2		Water Fit Sue H GES		Spin Jamie GES2		Aqua Dance Sue H Pool					
8:30 A.M.	Water Fit Sue H Pool	9:15 A.M.	Strength and Sculpt Lisa GES	9:00 A.M.	Dancing With Dina Dina GES	9:15 A.M.	Strength and Sculpt Lisa GES	9:15 A.M.	Cardio Dance Fit Virtual GES					
9:00 A.M.	Dancing With Dina Dina GES	10:00 A.M.	Balance and Mobility Nancy/Renee YG	10:15 A.M.	Yoga Sue R GES	10:00 A.M.	Balance and Mobility Nancy/Renee YG	10:15 A.M.	Total Body Bootcamp Virtual GES					
9:30 A.M.	Cycle and Core Victoria GES2	10:15 A.M.	Barre Danielle GES	1:00 P.M.	Homeschool P.E. Dillon YG	10:15 A.M.	Barre Danielle GES	11:15 A.M.	Yoga Amanda GES					
10:15 A.M.	Yoga Stacy GES	11:00 A.M.	Gentle Water Fit Linda Pool		Water Fit Dinnia Pool	11:00 A.M.	Gentle Water Fit Linda Pool	1:00 P.M.	WaterFit Dinnia Pool					
1:00 P.M.	Water Fit Dinnia Pool	11:15 A.M.	Yoga Danielle GES	5:15 P.M.	Yoga Sheila GES	11:15 A.M.	Yoga Danielle GES	5:00 P.M.	Yoga with a Focus Lena GES					
4:00 P.M.	Kids In Motion YMCA Staff YG		Parkinson's Nancy GES2	6:30 P.M.	RIP Denise GES		Parkinson's Nancy GES2	6:15 P.M.	Lower Body Workout Mandy GES					
4:15 P.M.	Step Challenge Jolynn GES	4:15 P.M.	Tabata Tuesday Jolynn GES	the 				4:00 P.M.	Kids in Motion YMCA Staff YG	Saturday				
5:00 P.M.	Water Fit Linda Pool	5:00 P.M.	Spin Denise GES2					4:15 P.M.	Shred Jolynn GES			8:00 A.M.	Yoga Flow Rachel GES	
5:10 P.M.	Intermediate Yoga Sandra GES		Water Fit Linda Pool					5:00 P.M.	Spin Denise GES2	Water Fit Linda Pool	11:00 A.M.	Gentle Water Fit Linda Pool		
6:30 P.M.	RIP Denise GES	5:45 P.M.	Yoga Denise GES						5:45 P.M.		Yoga Denise GES			
								6:45 P.M.		Upper Body Workout Mandy GES				
YG Youth Gym GES Group-Ex Studio GES2 Group-Ex Studio 2 RB Racquetball Pool Pool														

YG Youth Gym
 GES Group-Ex Studio
 GES2 Group-Ex Studio 2
 RB Racquetball
 Pool Pool