

GROUP EXERCISE SCHEDULE

SPRINGS FAMILY YMCA

Effective Jan. 9th

Wellness Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:55-8:40am STEP & STRENGTH Penny (A)	8:00-8:45 am YOGA CORE Wendy (A)	7:55-8:40am STEP & STRENGTH Penny (A)		8:00-8:30 am B.T.S. (A) Penny	8:15-9:00am *RPM (A) Amy
8:45-9:30 am ZUMBA (A) Anna/Bekie	9:00-10:00am *BODY PUMP(M) Erin	8:45-9:15am B.T.S. (A) Julie	9:00-9:45 am KICKBOX (M) Carrie	8:45-9:30 am ZUMBA (A) Anna	9:15-10:15 am *BODY PUMP (M) Beth P.
9:40-10:40 am *BODY PUMP (M) Anna	10:00-10:50 am *RPM (M) Beth	9:15-10:30 am ZUMBA (A) Bekie/Julie	10:00-11:00 am *BODY PUMP (M) Erin	9:40-10:15 am *RPM Challenge (H) Bekie/Beth P.	
11:30am-12:15pm Fit for Life (AOA) Amy				11:30am-12:15pm Fit for Life (AOA) Amy	
5:00-5:45 pm *RPM (M) Erin		5:00-5:45pm *RPM (A) Amy	4:45pm-5:15pm ZUMBA EXPRESS (A) Bekie/Carrie		
5:45-6:30pm ZUMBA (A) Julie	5:20-6:05pm ZUMBA (A) Anna	5:45-6:15pm B.T.S. (A) Wendy	5:20 pm-6:20pm *BODY PUMP (M) Beth P.		
6:30-7:00pm B.T.S. (A) Beth	6:15-7:15pm *BODY PUMP (M) Laura	6:15-6:45pm Pure Strength (A) Wendy	6:30pm-7:15 pm *RPM (A) Beth P.		

Yoga & Pilates Studio

8:30-9:30am Power Flow Yoga (M&H) Sonya		8:30-9:45am Power Flow Yoga (M&H) Sonya			9:15-10:15 am Flow Yoga (A) Elisha
9:45-10:50 am Pilates Fusion/Sculpt Denise (M&H)	9:00-10:00 am Hatha Yoga (A) Lisa W.	10:15-11:00am Pilates Sculpt (A) Denise	9:30-10:00 am Beginner Pilates (B) Denise	9:00-10:00 am Gentle Yoga (B) Lisa W.	10:30-11:30 am Inter. Yoga (M) Elisha
11:00am-12:00pm Relax & Restore (A) Sonya	10:05-10:50 Yoga meets Strength Sonya (M)	11:00am-12:00pm Relax & Restore (A) Sonya	10:05-10:50am Point Blank Sculpt Denise (M)	10:15-11:15 am Inter. Yoga (M) Elisha	SUNDAY: 4:00-5:00pm Eventide Yoga Lisa W.
6:00-6:45pm Funct'l Pilates (A) Erin	6:05-7:00pm Power Yoga (H) Wendy	6:00-6:55 pm Inter. Yoga (M) Elisha	5:30-6:25pm Power Flow Yoga (H) Sonya		

Pool

8:45-9:30 am Bootcamp H2O (M) Amy	8:45-9:30 am H2OAerobics (B&A) Beth Ann	8:45-9:30 am Bootcamp H2O (M) Patti	8:45-9:30am Deep H2O (A) Patti	8:45-9:30am Bootcamp H2O(M) Amy	
9:30-10:15am Deep H2O (A) Amy	9:30-10:15am Hydro Jam (M) Carrie	9:30-10:15am Aqua Extreme (H) Beth P.	9:30-10:10 am Bootcamp H2O (A) Beth	9:30-10:15am H2OAerobics (B&A) Amy	
12:15-1:00pm Aqua AOA Amy		12:15-1:00 p.m. Aqua AOA Patti	10:10-10:30 am Aqua Yoga (A) Beth	12:15-1:00pm Aqua AOA Amy	

Levels Guide: * *Les Mills classes have special sign-in procedures. Please arrive 15 min. early.*

(AOA) Active Older Adults (B) Beginners (M) Moderate (H) Kick it up a notch (A) All Levels Accommodated