



# Hays Communities YMCA

## Fall Group Exercise Schedule

(effective August 25th thru November 30th)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mind/Body</b>	<b>Vinyasa/Slow Flow</b> 8:15 - 9:15am (Zen Room) Abi	<b>Vinyasa Yoga (Int/Adv)</b> 8:15 - 9:15am (Zen Room) Maria	<b>Gentle Hatha Flow</b> 8:15 - 9:15am (Zen Room) Jennifer	<b>Vinyasa Yoga (Int/Adv)</b> 8:15 - 9:15am (Zen Room) Maria		<b>Gentle Yoga</b> 8:15-9:15am (Zen Room) Mamta
	<b>Vinyasa Yoga (Beg/Int)</b> 9:30 - 10:30am (Zen Room) Maria	<b>Mat Pilates (Beg/Int)</b> 9:30 - 10:25am (Zen Room) Rosie	<b>Vinyasa/Power Flow</b> 9:30 - 10:30am (Zen Room) Jamie	<b>Mat Pilates (Beg/Int)</b> 9:30 - 10:25am (Zen Room) Maria	<b>Vinyasa Yoga (Beg/Int)</b> 9:30 - 10:30am (Zen Room) Maria	<b>Family Yoga</b> 9:30 - 10:15am (Zen Room) Mamta
	<b>Hatha/Deep Stretch</b> 10:35 - 11:15am (Zen Room) Jamie		<b>Breath &amp; Mind</b> 10:30 - 11:00am (Zen Room) Jamie		<b>Hatha/Deep Stretch</b> 10:35 - 11:15am (Zen Room) Jamie	
	<b>Tai Chi</b> 11:30 - 12:30 (Zen Room) Brenda	<b>Vinyasa Yoga (Beg/Int)</b> 6:45 - 7:45pm (Zen Room) Maria	<b>Tai Chi</b> 11:30 - 12:30 (Zen Room) Brenda			<b>Sunday</b>
		<b>Vinyasa Yoga (Beg/Int)</b> 8:00 - 9:00pm (Zen Room) Abi		<b>Vinyasa Yoga (Beg/Int)</b> 6:45 - 7:45pm (Zen Room) Maria		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Pool</b>	<b>Aqua Dance</b> 8:30 -9:25am Joanna					
	<b>Aqua Core</b> 9:30 - 10:30am Joanna	<b>Senior Aqua ROM</b> 9:15 - 10:15am Joanna	<b>Aqua Strong</b> 9:15 - 10:15am Lizbeth	<b>Senior Aqua ROM</b> 9:15 - 10:15am Joanna	<b>Aqua Strong</b> 9:30 - 10:30am Melody	<b>Aqua Strong</b> 9:00-10:00am Eva
		<b>Arthritis Aqua Ex</b> 10:50-11:50am Peggy		<b>Arthritis Aqua Ex</b> 10:50-11:50am Peggy		
	<b>Arthritis Aqua Ex</b> 2:00 - 3:00pm Ann		<b>Arthritis Aqua Ex</b> 2:00 - 3:00pm Peggy		<b>Arthritis Aqua Ex</b> 2:00 - 3:00pm Ann/Peggy	
	<b>Aqua Interval</b> 6:15 -7:15pm Eva	<b>Aqua Strong</b> 7:00-8:00pm Joanna	<b>Aqua Interval</b> 7:00-8:00pm Joanna			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CYCLE AREA</b>			<b>All Level Cycling</b> 8:15 - 9:00am Jill (Group X B)			<b>All Level Cycling</b> 8:10 - 9:10am Jill (Group X B)
	<b>All Level Cycling</b> 9:10 - 10:10am Jill (Group X B)	<b>All Level Cycling</b> 8:45 - 9:45am Amy (Group X B)		<b>All Level Cycling</b> 8:45 - 9:45am Amy (Group X B)	<b>HIIT Cycle</b> 9:30 - 10:00am Alisha (Group X B)	
		<b>All Level Combo Cycle</b> 5:00 - 5:45pm Aubrey (Group X B)	<b>All Level Cycling</b> 4:15 - 5:15pm Jill (Group X B)	<b>All Level Combo Cycle</b> 5:00 - 5:45pm Aubrey (Group X B)	<b>HIIT Cycle</b> 5:15 - 5:45pm Jill (Group X B)	
	<b>All Level Cycling</b> 5:30 - 6:30pm Alisha (Group X B)	<b>All Level Cycling</b> 6:00 - 6:45pm Aubrey (Group X B)	<b>All Level Cycling</b> 5:45 - 6:45pm Danielle (Group X B)	<b>All Level Cycling</b> 6:00 - 6:45pm Aubrey (Group X B)		