

Hays Communities YMCA

SUMMER Group Exercise Schedule

(effective June 5th thru August 21st)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mind/Body	Vinyasa/Slow Flow 8:15 - 9:15am (Zen Room) Jamie				Piyo Live 8:15 - 9:15am (Zen Room) Wendy	Gentle Yoga 8:15-9:15am (Zen Room) Mamta
	Vinyasa Yoga 9:30 - 10:30am (Zen Room) Maria	Vinyasa Yoga (Adv) 8:15 - 9:15am (Zen Room) Maria	Vinyasa/Power Flow 9:30 - 10:30am (Zen Room) Jamie	Vinyasa Yoga (Adv) 8:15 - 9:15am (Zen Room) Maria	Vinyasa Yoga 9:30 - 10:30am (Zen Room) Maria	Family Yoga 9:30 - 10:15am (Zen Room) Mamta
	Hatha/Deep Stretch 10:45 - 11:30am (Zen Room) Jamie	Mat Pilates (Beg/Int) 9:30 - 10:25am (Zen Room) Rosie	Breath & Mind 10:30 - 11:00am (Zen Room) Jamie	Mat Pilates (Beg/Int) 9:30 - 10:25am (Zen Room) Maria		
				Vinyasa Yoga 6:45 - 7:45pm (Zen Room) Maria		
	Vinyasa/Slow Flow 6:45-7:45pm (Zen Room) Abi	Vinyasa Yoga 6:45 - 7:45pm (Zen Room) Maria		Vinyasa Yoga 8:00 - 9:00pm (Zen Room) Maria		

Pool	Aqua Waves 8:30 -9:25am Joanna					
	Aqua Core 9:30 - 10:30am Joanna	Senior Aqua ROM 9:15 - 10:15am Joanna	Aqua Strong 9:00 -10:00am Ann	Senior Aqua ROM 9:15 -10:15am Joanna	Aqua Strong 9:30 - 10:30am Wendy	Aqua Strong 9:00-10:00am Lizbeth
	Arthritis Aqua Ex 2:00 - 3:00pm Ann		Arthritis Aqua Ex 2:00 - 3:00pm Ann		Arthritis Aqua Ex 2:00 - 3:00pm Ann	
	Aqua Interval (Int/Adv) 6:00 -7:00pm Joanna	Aqua Strong 7:00-8:00pm Joanna			Aqua Interval (Int/Adv) 6:00 -7:00pm Joanna	

CYCLE AREA						
	All Level Cycling 9:10 - 10:10am Aubrey (Group X B)	All Level Cycling 8:45 - 9:45am Amy (Group X B)	All Level Cycling 8:15 - 9:00am Aubrey (Group X B)	All Level Cycling 8:45 - 9:45am Amy (Group X B)	HIIT Cycle 9:30 - 10:00am Alisha (Group X B)	All Level Cycling 8:10 - 9:10am Aubrey (Group X B)
		All Level Combo Cycle 5:00 - 5:45pm Aubrey (Group X B)		All Level Combo Cycle 5:00 - 5:45pm Aubrey (Group X B)		
	All Level Cycling 5:30 - 6:30pm Alisha (Group X B)	All Level Cycling 6:00 - 6:45pm Aubrey (Group X B)	All Level Cycling 5:45 - 6:45pm Danielle (Group X B)	All Level Cycling 6:00 - 6:45pm Aubrey (Group X B)		