

## APPLETON YMCA GROUP FITNESS BONUS WEEK SCHEDULE November 20-26, 2017

Monday November 20	Tuesday November 21	Wednesday November 22	Thursday November 23	Saturday November 25
5:30AM Group Cycling- Emily 5:30AM H2O Fusion- Elaine 5:45AM Indoor Bootcamp- Cyndi 6:00AM Yoga- Jacquie 6:30AM Synrgy 7:00AM H2O Exercise- Roxann 7:15AM Simply Balance-Dana 7:50AM Reformer 3-Susie 8:00AM Cardiac H2O - Roxann 8:00AM Slow Flow Yoga- Erica 8:00AM Zumba- Barb 8:00AM Strength and Resistance-Natalie 9:00AM Deep Devotion- Mary P. 9:00AM Cardio- Kristina 9:00AM Power Yoga- Erica 9:00AM Strength and Resistance- Susie 9:00AM Group Cycling- Jan 10:00AM Pilates-Yoga Fusion- Susie 10:00AM Reformer 2-Trina 10:10 AM Simply Fit- Jan 11:00AM Zumba Gold- Kari 11:00AM Simply Strength- Brittny 11:00AM Reformer 1- Trina 11:00AM Meditative Yoga-Erica 12Noon Synrgy 12Noon Hatha yoga- Maral 1:00pm Meditative yoga- Maral (90min) 4:00PM Reformer 3- Susie 4:15PM Aerial Yoga-Erica 4:30PM Core- Gail 4:45PM Group Cycling- Carly 5:25PM Power Yoga- Sandy 5:45PM Group Cycling- Gail 6:30PM Hatha yoga-Laura 7:45PM Candlelight Yoga-Hannah	5:15AM Group Cycling- Cyndi 5:30AM H2O Strength and Stretch- Nadine 5:30AM Strength and Resist-Mary G. 6:15AM Group Cycling - Cyndi 6:15AM Water Running- Jan 6:30PM TRX 7:30PM Slow Flow Yoga- Margie 7:50AM Reformer 3- Susie 8:00AM Silver Sneakers Classic- Mary P. 8:00AM Arthritis Aquatic- Nancy 8:45AM Step- Laura 8:45AM Arthritis Aquatic- Nancy 9:00AM Pilates/Yoga Fusion- Susie 9:00AM H2O Fusion- Ron 9:00AM Synrgy 10:00AM Reformer Mat Flow-Trina 10:15AM Strength and Resistance- Laura V. 10:30AM Simply Stretch-Margie 11:00AM Reformer 1-Trina 11:30AM TRX 12N H2O Strength and Stretch- Margie 1:45PM Tai Chi- Margie 3:15PM Tai Chi Beginners- Margie 4:20PM Aerial yoga-Kristina 4:45PM Group Cycling Express- Gail 5:30PM Strength and Resistance- Gail 8:00PM Restorative Yoga-Noelle	5:30AM Group Cycling- Laura N. 5:30AM H2O Intervals- Mary G. 5:45AM Boot Camp-Sarah 6:00AM Yoga-Jacquie 6:30AM Synrgy 6:45 Reformer 3- Wendy 7:00AM H2O Exercise- Ron 7:15AM Simply Balance-Dana 7:45AM Strength and Resistance-Katie 7:50AM Reformer 1- Susie 8:00AM Cardiac H2O - Ron 8:00AM Zumba- Amy 8:15AM Guided Meditation- Joy 8:55 Reformer 2-Wendy 9:00AM Power Yoga- Teri 9:00AM Group Cycling- Jan 9:00AM Strength and Resistance- Susie <i>WFC</i> 10:00AM Fusion- Susie 10:10AM Simply Fit-Jan 11:00AM Zumba Gold- Kari 11:00AM Simply Strength-Jan 11:00AM Simply Stretch-Teri 21Noon Synrgy 12Noon H2O Fusion- Nancy 12Noon-Hatha Yoga- Teri Noon-Hatha Yoga- Teri 5:30PM Zumba-Katrina 5:30PM Mindful Movement Yoga2-Jim 6:30PM Mindful Movement Yoga1-Jim	<b>Thanksgiving Day YMCA Hours: 6:00-11:00AM</b> <b>Special Holiday Fitness Classes:</b> 6:15-7:15AM Cycling Cornucopia- Don K. 6:30-7:30AM Pumpkin Splash- Mary G. 7:30-8:30AM Strength (Women Only)- Gail 8:00AM Yoga- Laura 9:00AM Body Groove- Barb  <b>Friday November 24</b> 5:30AM Nordic Walking- Mary G. 5:30AM H2O Fusion- Elaine 5:30AM Group Cycling- Sally 7:00AM H2O Exercise- Roxann 7:00AM Planksgiving- Natalie 8:00AM Cardiac H2O- Ron 8:00AM Zumba- Barb 8:00AM Strength- Joyce 9:00AM Power Yoga-Erica 9:00AM Deep Devotion- Mary P 9:00AM Cycling - Joyce 10:15AM Aerial Yoga-Erica 5:30PM Aerial Yoga-Erica	6:00AM Water Running- Mary G. 7:00AM H2O Fusion- Mary G. 7:00AM Group Cycling Tim P. 8:00AM Zumba- Nicole 8:00AM Group Cycling Tim P. 9:00-10:15AM Yoga for all levels- Jim 10:30-11:30AM Hip Hop Yoga- Brooke  <b>Sunday, November 26</b>  10:15-11:30AM Yoga for all levels- Jim  <b>**Schedule Subject To Change</b>

**\*Members may bring a friend to try a class for free /member MUST be present.**