



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE
Summer Session : 6/12/17 - 8/27/17
Fox West YMCA

Bonus Weeks July 3-9 and August 28-September 3

*Please see separate schedule for Bonus Weeks

*Updated 3/6/17

MONDAY	TUESDAY	WEDNESDAY
Early Morning Classes	Early Morning Classes	Early Morning Classes
5:15-6:00 AM Cardio-Strength Fusion - AS 5:15-6:15 AM Group Cycling - CS	5:00-6:00 AM Total Body Boot Camp - AS 5:30-6:30 AM Hatha Yoga - MB 6:00-6:30 AM Kettlebell - AS 6:30-7:00 AM TRX - AS \$	5:15-6:00 AM Cardio-Strength Fusion - AS 5:15-6:15 AM Group Cycling - CS
Mid Morning Classes	Mid Morning Classes	Mid Morning Classes
8:15-9:00 AM H2O Fusion - PL 8:15-9:15 AM Group Cycling - CS 9:00-9:45 AM Step - AS 9:05-9:50 AM Simply Fit H2O - PL 9:30-10:30 AM Slow Flow Yoga - MB 9:50-10:35 AM Simply Fit - AS 10:45-11:30 AM SilverSneakers® Classic - AS 10:45-11:45 AM Simply Yoga - MB	8:00-8:30 AM Strength and Resistance - AS 8:15-9:00 AM H2O Fusion - PL 8:05-8:50 AM PiYo™ LIVE - DS 8:15-9:15 AM Group Cycling - CS 8:30-9:00 AM CORE - AS 9:05-9:50 AM Simply Fit H2O - PL 9:15-10:00 am Zumba® - AS 9:30-10:30 AM Power Yoga - MB 10:15-11:00 AM Cardio Dance Gold - AS	8:15-9:00 AM Aqua Yoga - PL 8:15-9:15 AM Group Cycling - CS 9:00-9:45 AM Cardio Kickboxing - AS 9:00-10:00 AM Slow Flow Yoga - MB 9:05-9:50 AM Deep Water - PL 9:50-10:35 AM Simply Fit - AS 10:45-11:30 AM Simply Strength - AS 10:45-11:45 AM Simply Yoga - MB
Lunch Hour Classes	Lunch Hour Classes	Lunch Hour Classes
Noon-12:45 PM Kettlebell Boot Camp - AS	11:05-12:00 PM Chair Yoga - AS	Noon-12:45 PM Kettlebell Boot Camp - AS
Evening Classes	Evening Classes	Evening Classes
5:30-6:15 PM Cardio-Strength Fusion - AS 5:30-6:30 PM Power Yoga - MB 6:15-7:00 PM Zumba® - AS 7:15-8:00 PM Deep Water - PL 7:15-8:00 PM PiYo™ Live - AS	5:30-6:00 PM TRX/Kettlebell Combo - AS \$ 5:30-6:30 PM Power Yoga - MB 5:30-6:15 PM Group Cycling - CS 6:15-7:15 PM Turbo Kick® - AS	5:30-6:30 PM Power Yoga - MB 6:15-7:00 PM Zumba® - AS 7:15-8:00 PM H2O Fusion - PL

THURSDAY	FRIDAY	SATURDAY
Early Morning Classes	Early Morning Classes	Early Morning Classes
5:15-6:00 AM Group Cycling - CS 5:30-6:30 AM Hatha Yoga - MB 6:00-6:30 AM Kettlebell - AS 6:30-7:00 AM TRX - AS \$	5:15-6:15 AM Turbo Kick® - AS 5:15-6:15 AM Group Cycling - CS 7:30-8:00 AM Strength & Resistance - AS	
Mid Morning Classes	Mid Morning Classes	Mid Morning Classes
8:15-9:00 AM H2O Fusion - PL 8:05-8:50 AM PiYo™ LIVE - DS 8:30-9:00 AM Core - AS 8:15-9:15 AM Group Cycling - CS 9:15-10:00 AM Zumba® - AS 9:05 - 9:50 AM Simply Fit H2O - PL 9:30-10:30 AM Power Yoga - MB 10:15-11:00 AM Zumba® Gold - AS	8:15-9:00 AM Arthritis Aqua - PL 8:05-8:35 AM Core - MB 8:10-8:55 AM Zumba® - AS 8:30-9:30 AM Group Cycling - CS 9:00-9:45 AM Kettlebell - AS 9:00-10:00 AM Slow Flow Yoga - MB 9:05 - 9:50 AM Deep Water - PL 9:50-10:35 AM Simply Fit - AS 10:45-11:30 AM SilverSneakers® Classic - AS	
Lunch Hour Classes	Lunch Hour Classes	
11:05-12:00 PM Chair Yoga - AS Noon-12:45 PM Group Cycling - CS		
Evening Classes	Evening Classes	
5:30-6:30 PM Power Yoga - MB		

Fitness Key

\$ These classes require a fee for members and general public.

These classes regularly reach our full room capacity. Please pick up a ticket at our scanner desk up to 30 minutes before class.

BOLD These classes require prior registration. Please register at the member services desk.

Class Guidelines

If less than 3 people show up for a class, the instructor may not teach class that day.

If less than 5 people show up for a class for two consecutive weeks, class may be cancelled for the remainder of the session.

AS - Aerobics Studio
 CS - Cycling Studio
 PL - Pool

MB - Mind/Body Studio
 WC - Wellness Center
 TR - Trail

DS - Dance Studio