



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE-NMY

FALL 1: September 4 - October 28 (8 weeks)
FALL 2: October 29 - December 23 (7 weeks)

Holiday Fitness with a Friend November 19-25, 2018
 Holiday Fitness with a Friend December 24-31, 2018

MONDAY		TUESDAY		WEDNESDAY	
Early Morning Classes		Early Morning Classes		Early Morning Classes	
5:00-5:45AM	Deep Water Exercise-DW	5:00-5:45AM	Group Cycling -CS	5:00-5:45AM	Deep Water Exercise-DW
5:00-5:45AM	Group Cycling -CS	5:30-6:00AM	Max Interval Express -T	5:00-5:45AM	Group Cycling -CS
5:15-6:15AM	Strength & Resistance -T			5:15-6:15AM	Strength & Resistance -T
6:00-6:45AM	Group Cycling -CS			6:00-6:45AM	Group Cycling -CS
6:00-6:45AM	Deep Water Exercise -DW			6:00-6:45AM	Deep Water Exercise-DW
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:30-9:15AM	Group Cycling -CS	8:00-8:45AM	H2O Strength & Stretch-YP	8:30-9:15AM	Group Cycling -CS
8:30-9:45AM	Power Vinyasa Yoga - SMB	8:30-9:30AM	Group Cycling -CS	8:30-9:30AM	Hatha Yoga -SMB
8:30-9:30AM	Strength & Resistance-UG	8:30-9:45AM	Power Vinyasa Yoga -SMB	8:30-9:30AM	Strength & Resistance-UG
8:30-9:30	Simply Fit -Front MG	8:30-9:30AM	Zumba -AS	8:30-9:30AM	Simply Fit -Front 1/2 MG
8:45-9:45AM	Barre Pilates -AS	8:30-9:30AM	Circuit Training-Back1/2 UG	8:45-9:45AM	TRX Pilates \$ -AS
9:00-9:45AM	H2O Exercise -YP	9:00-9:45AM	Cardio Gold -Front 1/2 UG	9:00-9:45AM	H2O Exercise -YP
9:00-10:00AM	Boot Camp -T	9:00-9:45AM	H2O Exercise -YP	9:00-10:00AM	Boot Camp -T
9:00-9:45AM	Silver Sneaker Classic-1/2UG	9:00-9:45AM	Deep Water Exercise -DW	9:00-9:45AM	Silver Sneaker Classic-1/2UG
10:00-10:45AM	Pilates - SMB	9:30-10:30AM	Strollerobics -T or Outside	9:30-11:00AM	Stay Strong -T
10:00-10:45AM	Senior Water Exercise -YP	9:45-10:45AM	Tai Chi - AS	10:00-10:45AM	Pilates - SMB
10:00-10:45AM	Deep Water Exercise -DW	10:00-10:45AM	Pilates - SMB <i>FALL 1 Only</i>	10:00-10:45AM	Deep Water Exercise -DW
10:00-10:45AM	Chair Yoga - 1/2 UG	10:00-10:45AM	Arthritis Aqua -YP	10:00-10:45AM	Senior Water Exercise -YP
10:45-11:00AM	Water Walking -YP	10:00-10:45AM	Strong Bones - UG	10:00-10:45AM	Chair Yoga - 1/2 UG
				10:45-11:00AM	Water Walking -YP
Lunch Hour Classes		Lunch Hour Classes		Lunch Hour Classes	
12:10-12:55PM	Boot Camp -AS	11:00-11:45AM	Senior Water Exercise -YP	12:10-12:55PM	Boot Camp -AS
2:30-3:15PM	Aqua Zumba -YP	12:00-1:00PM	Power Vinyasa Yoga - SMB	2:30-3:15PM	Aqua Zumba -YP
2:30-4:00PM	Stay Strong -T	12:00-1:00PM	Pre/postnatal Aqua -YP	2:30-3:30PM	Inspire -T
Evening Classes		Evening Classes		Evening Classes	
5:00-5:45PM	Group Cycling - CS	5:00-5:45PM	Group Cycling - CS	5:00-5:45PM	Group Cycling - CS
5:30-6:15PM	Cardio Strength Fusion -T	5:00-5:45PM	Core-Strength-Core -T	5:30-6:30PM	Hatha Yoga-SMB
5:30-6:30PM	Yoga for Athletes - SMB	5:00-6:00PM	Zumba -AS	5:30-6:15PM	Cardio Strength Fusion -T
6:05-6:50PM	TRX Training -\$ - AS	5:30-6:30PM	Power Vinyasa Yoga -SMB	5:30-6:30PM	Barre Pilates - AS
6:15-7:00PM	Deep Water Exercise -DW	6:15-7:05PM	Cardio Kickboxing -AS		
6:45-7:45PM	Pilates-SMB	7:00-8:00PM	Inspire -T		

*SEE REVERSE SIDE FOR THURSDAY THROUGH SUNDAY SCHEDULE

*CLASS SCHEDULES ARE SUBJECT TO CHANGE

THURSDAY		FRIDAY		SATURDAY	
Early Morning Classes		Early Morning Classes		Early Morning Classes	
5:00-5:45AM 5:30-6:00AM	Group Cycling -CS Max Interval Express-T	5:00-5:45AM 5:15-6:15AM 6:00-6:45AM 6:00-6:45AM	Deep Water Exercise -DW Strength & Resistance -T Group Cycling -CS Deep Water Exercise -DW	6:00-6:45AM	Group Cycling -CS <i>FALL 2</i>
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:00-8:45AM 8:30-9:30AM 8:30-9:45AM 8:30-9:30AM 8:30-9:30AM 8:30-9:15AM 9:00-9:45AM 9:00-9:45AM 9:00-9:45AM 9:30-10:30AM 9:45-10:45AM 10:00-11:00AM 10:00-10:45AM 10:00-10:45AM	H2O Strength & Stretch -YP Group Cycling -CS Power Vinyasa Yoga -SMB Zumba -AS Circuit Training - Back 1/2 UG PiYo Live- T Cardio Gold -Front 1/2 UG Aqua Zumba -YP Deep Water Exercise -DW Strollerobics -T or Outside Tai Chi - AS Restorative/Yin Yoga -SMB Arthritis Aqua -YP Strong Bones - UG	8:30-9:15AM 8:30-9:45AM 8:30-9:30AM 8:45-9:45AM 9:00-9:45AM 9:00-10:00AM 9:00-9:45AM 10:00-10:45AM 10:00-10:45AM 10:00-10:45AM	Group Cycling -CS Power Vinyasa Yoga - SMB Strength and Resistance-UG Barre Pilates -AS H2O Exercise -YP Boot Camp -T Silver Sneaker Classic-1/2UG Pilates - SMB Arthritis Aqua -YP Chair Yoga -1/2 UG	8:00-8:45AM 8:00-8:45AM 8:45-9:45AM 8:45-10:00AM 10:30-11:15AM	H2O Strength&Stretch-YP Circuit Training -T Zumba -AS Hatha Yoga -SMB Special Rec Yoga -SMB
Lunch Hour Classes		Lunch Hour Classes		SUNDAY	
11:00-11:45AM 12:00-1:00PM 12:00-1:00PM 3:45-4:45PM	Senior Water Exercise -YP Power Vinyasa Yoga -SMB Pre/postnatal Aqua -YP Pump It Up - T	11:15-12:00PM 12:00-1:00PM 12:10-12:55PM	Senior Water Exercise -YP Vinyasa Flow Yoga -SMB Boot Camp -AS	8:45-9:45AM	Zumba -AS
Evening Classes		Evening Classes			
5:00-5:45PM 5:00-6:00PM 5:30-6:30PM 6:05-7:05PM 6:15-7:00PM 6:45-7:45PM 7:00-8:30PM	Core-Strength-Core -T Zumba -AS Vinyasa Flow Yoga -SMB Cardio Kickboxing -AS Deep Water Exercise -DW Restorative/Yin Yoga -SMB Stay Strong -T	4:30-5:30PM	Water Running-DW		

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FITNESS KEY

\$ - Paid classes

- High capacity classes - Get tickets at scanner desk

BOLD - Registration Required

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.

All classes are 14 years and older.

ROOM KEY

AS - Aerobic Studio - Basement

CS - Cycling Studio - Basement

DS - Dance Studio - Basement

DW - Diving Well - Basement

FZ - FitZone - Track 2nd floor

KR - Keller Room - 2nd floor

MP - Meter Pool - Basement

MG - Miron Gym

SMB - Spirit Mind Body Studio - Basement

T - Track - 2nd Floor

UG - Upper Gym - 2nd floor

YP - Yard Pool - Basement

Updated: 9-18-2018