



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE-NMY

SUMMER: June 12 - August 27, 2017

Bonus Weeks - Separate Schedules:

SUMMER 2: July 24 - August 27, 2017

July 3 - 9 and August 28 - September 3

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
5:15-6:15AM	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
7:00-7:45AM	H2O Exercise - YP			7:00-7:45AM	H2O Exercise - YP
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:30-9:15AM	Group Cycling -CS	8:30-9:15AM	Barre Pilates -DS	8:30-9:15AM	Group Cycling -CS
8:30-9:45AM	Power Vinyasa Yoga -SMB	8:30-9:30AM	Zumba -AS	8:30-9:45AM	Power Vinyasa Yoga -SMB
8:30-9:30AM	Strength & Resistance-UG	9:00-9:45AM	Cardio Gold -Front 1/2 UG	8:30-9:30AM	Strength & Resistance-UG
8:30-9:30AM	Simply Fit -AS	9:00-9:45AM	H2O Exercise -YP	8:30-9:30AM	Simply Fit -AS
9:00-9:45AM	H2O Exercise -YP	9:00-9:45AM	Deep Water Exercise -DW	9:00-9:45AM	H2O Exercise -YP
9:00-10:00AM	Boot Camp -T or Outside	9:30-10:30AM	Strollerobics-T/Out SUM 2	9:00-10:00AM	Boot Camp -T or outside
9:00-9:45AM	Silver Sneaker Classic-1/2UG	10:00-11:00AM	Restorative/Yin Yoga -SMB	9:00-9:45AM	Silver Sneaker Classic-1/2UG
9:35-10:20AM	Kids Zumba® - AS	10:00-11:00AM	Arthritis Aquatics -YP	10:00-10:45AM	Gentle Stretch -1/2 UG
10:00-10:45AM	Deep Water Exercise -DW			10:00-10:45AM	Deep Water Exercise -DW
10:00-10:30AM	Senior Water Exercise -YP			10:00-10:30AM	Senior Water Exercise -YP
10:30-11:15AM	Zumba -Shattuck Park				
Lunch Hour Classes		Lunch Hour Classes		Lunch Hour Classes	
12:10-12:55PM	Boot Camp -T	12:00-1:00PM	Power Vinyasa Yoga -SMB	12:10-12:55PM	Boot Camp -T
2:30-3:15PM	Aqua Zumba -YP	12:00-1:00PM	Pre/postnatal Aqua -YP	2:30-3:15PM	Aqua Zumba -YP
		12:10-12:50PM	Group Cycling -CS		
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
5:15-6:00PM	PiYo Live -AS	5:00-5:45PM	Core-Strength-Core -T	5:00-6:00PM	Hatha Yoga-SMB
5:30-6:30PM	Power Vinyasa Yoga -SMB	5:05-6:00PM	Zumba -AS		
6:15-7:00PM	Deep Water Ex -DW SUM 1	5:30-6:30PM	Power Vinyasa Yoga -SMB		
		6:05-7:05PM	Cardio Kickboxing -AS		
		6:45-7:45PM	Restorative/Yin Yoga -SMB		

*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 Group Cycling -CS	5:00-5:45AM Deep Water Exercise -DW 6:00-6:45AM Group Cycling -CS 6:00-6:45AM Deep Water Exercise -DW 7:00-7:45 H2O Exercise - YP	
Mid Morning Classes	Mid Morning Classes	Mid Morning Classes
8:00-8:45AM H2O Strength & Stretch -YP 8:30-9:15AM Barre Pilates -DS 8:30-9:30AM Zumba -AS 9:00-9:45AM Cardio Gold -Front 1/2 UG 9:00-9:45AM Aqua Zumba -YP 9:00-9:45AM Deep Water Exercise -DW 9:30-10:30AM Strollerobics-T/Out SUM 2 10:00-11:00AM Restorative/Yin Yoga -SMB 10:00-11:00AM Arthritis Aquatics -YP	8:00-8:45AM H2O Intervals -DW 8:30-9:45AM Power Vinyasa Yoga -SMB 8:30-9:30AM Strength and Resistance-UG 8:30-9:30AM Simply Fit -AS 9:00-9:45AM H2O Exercise -YP 9:00-9:45AM Silver Sneaker Classic-1/2UG 10:00-1100AM Arthritis Aquatics -YP 10:00-10:45AM Gentle Stretch -1/2 UG 11:00-11:30AM Senior Water Exercise -YP	8:00-8:45AM H2O Strength&Stretch-YP 8:00-8:45AM Circuit Training -T 8:45-9:45AM Zumba -AS 9:00-10:00AM Hatha Yoga -SMB
Lunch Hour Classes	Lunch Hour Classes	SUNDAY
12:00-1:00PM Power Vinyasa Yoga -SMB 12:00-1:00PM Pre/postnatal Aqua -YP	12:00-1:00PM Power Vinyasa Yoga -SMB	8:45-9:45AM Zumba -AS
Evening Classes	Evening Classes	
5:00-5:45PM Core-Strength-Core -T 5:00-6:00PM Zumba - AS 5:30-6:30PM Vinyasa Flow Yoga -SMB SUM 1 6:15-7:00PM Deep Water Ex -DW SUM 1 6:45-7:45PM Restorative/Yin Yoga -SMB		

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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

SMB - Spirit Mind Body Studio - Basement

T - Track - 2nd Floor

UG - Upper Gym - 2nd floor

YP - Yard Pool - Basement

Updated: 6-2-2017