



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE-NMY

WINTER: January 2 - April 15, 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
5:15-6:15AM	Strength & Resistance -T	5:30-6:00AM	Max Interval Express -T	5:00-5:45AM	Group Cycling -CS
6:00-6:45AM	Group Cycling -CS	6:00-6:45AM	Group Cycling -CS	5:15-6:15AM	Strength & Resistance -T
6:00-6:45AM	Deep Water Exercise -DW			6:00-6:45AM	Group Cycling -CS
				6:00-6:45AM	Deep Water Exercise-DW
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:30-9:15AM	Barre Pilates -DS	8:00-8:45AM	H2O Strength & Stretch-YP	8:30-9:15AM	Barre Pilates -DS
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	Group Cycling -CS	8:30-9:45AM	Power Vinyasa Yoga -SMB
8:30-9:30AM	Strength & Resistance-UG	8:30-9:45AM	Power Vinyasa Yoga -SMB	8:30-9:30AM	Strength & Resistance-UG
8:30-9:30AM	Simply Fit -AS	8:30-9:30AM	Zumba -AS	8:30-9:30AM	Simply Fit -AS
9:00-9:45AM	H2O Exercise -YP	8:30-9:30AM	Circuit Training-Back1/2 UG	9:00-9:45AM	H2O Exercise -YP
9:00-10:00AM	Boot Camp -T	9:00-9:45AM	Cardio Gold -Front 1/2 UG	9:00-10:00AM	Boot Camp -T
9:00-9:45AM	Silver Sneaker Classic-1/2UG	9:00-9:45AM	H2O Exercise -YP	9:00-9:45AM	Silver Sneaker Classic-1/2UG
10:00-10:45AM	Pilates - SMB	9:00-9:45AM	Deep Water Exercise -DW	9:30-11:00AM	Stay Strong -T
10:00-10:45AM	Senior Water Exercise -YP	9:30-10:30AM	Strollerobics -T	10:00-10:45AM	Pilates - SMB
10:00-10:45AM	Deep Water Exercise -DW	9:45-10:45AM	Tai Chi - AS	10:00-10:45AM	Deep Water Exercise -DW
10:30-11:15AM	Chair Yoga -1/2 UG	10:00-11:00AM	Restorative/Yin Yoga -SMB	10:00-10:45AM	Senior Water Exercise -YP
10:45-11:00AM	Pilates Bonus - SMB	10:00-10:45AM	Arthritis Aqua -YP	10:00-10:45AM	Chair Yoga -1/2 UG
10:45-11:00AM	Water Walking -YP			10:45-11:00AM	Pilates Bonus - SMB
				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
		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	5:00-6:00PM	Hatha Yoga-SMB
5:15-6:00PM	PiYo Live -AS	5:00-5:45PM	Core-Strength-Core -T	5:00-5:45PM	Group Cycling - CS
5:30-6:30PM	Cardio Strength Fusion -T	5:15-6:00PM	Circuit Training -AS	5:30-6:30PM	Cardio Strength Fusion -T
5:30-6:30PM	Power Vinyasa Yoga -SMB	5:30-6:30PM	Power Vinyasa Yoga -SMB	6:00-6:45PM	Barre Pilates - AS
6:05-6:50PM	TRX Training -S - AS	6:05-7:05PM	Cardio Kickboxing -AS		
6:15-7:00PM	Deep Water Exercise -DW	6:45-7:45PM	Restorative/Yin Yoga -SMB		
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	Group Cycling -CS	5:00-5:45AM	Deep Water Exercise -DW	6:00-6:45AM	Group Cycling -CS
5:30-6:00AM	Max Interval Express-T	5:00-5:45AM	Group Cycling -CS		
6:00-6:45AM	Group Cycling -CS	5:15-6:15AM	Strength & Resistance -T		
		6:00-6:45AM	Group Cycling -CS		
		6:00-6:45AM	Deep Water Exercise -DW		
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:00-8:45AM	H2O Strength & Stretch -YP	8:30-9:15AM	Group Cycling -CS	8:00-8:45AM	H2O Strength&Stretch-YP
8:30-9:15AM	Barre Pilates -DS	8:30-9:45AM	Power Vinyasa Yoga -SMB	8:00-8:45AM	Circuit Training -T
8:30-9:30AM	Group Cycling -CS	8:30-9:30AM	Strength and Resistance-UG	8:45-9:45AM	Zumba -AS
8:30-9:45AM	Power Vinyasa Yoga -SMB	8:30-9:30AM	Simply Fit -AS	9:00-10:00AM	Hatha Yoga -SMB
8:30-9:30AM	Zumba -AS	9:00-9:45AM	H2O Exercise -YP	10:30-11:15AM	Special Rec Yoga -SMB
8:30-9:30AM	Circuit Training - Back 1/2 UG	9:00-10:00AM	Boot Camp -T		
9:00-9:45AM	Cardio Gold -Front 1/2 UG	9:00-9:45AM	Silver Sneaker Classic-1/2UG		
9:00-9:45AM	Aqua Zumba -YP	10:00-10:45AM	Pilates - SMB		
9:00-9:45AM	Deep Water Exercise -DW	10:00-10:45AM	Arthritis Aqua -YP		
9:30-10:30AM	Strollerobics -T	10:00-10:45AM	Chair Yoga - 1/2 UG		
9:45-10:45AM	Tai Chi - AS	10:45-11:00AM	Pilates Bonus - SMB		
10:00-11:00AM	Restorative/Yin Yoga -SMB				
10:00-10:45AM	Arthritis Aqua -YP				
Lunch Hour Classes		Lunch Hour Classes		SUNDAY	
11:00-11:45AM	Senior Water Exercise -YP	11:15-12:00PM	Senior Water Exercise -YP	8:45-9:45AM	Zumba -AS
12:00-1:00PM	Power Vinyasa Yoga -SMB	12:00-1:00PM	Power Vinyasa Yoga -SMB	10:30-NOON	Cycling - CS
12:00-1:00PM	Pre/postnatal Aqua -YP	12:10-12:55PM	Boot Camp -AS		
12:10-12:50PM	Group Cycling -CS				
3:45-4:45PM	Pump It Up - T				
Evening Classes		Evening Classes			
5:00-5:45PM	Core-Strength-Core -T	4:30-5:30PM	Water Running-DW		
5:00-6:00PM	Zumba -AS				
5:30-6:30PM	Vinyasa Flow Yoga -SMB				
6:05-7:05PM	Cardio Kickboxing -AS				
6:15-7:00PM	Deep Water Exercise -YP				
6:45-7:45PM	Restorative/Yin Yoga -SMB				
7:00-8:30PM	Stay Strong -T				

***CLASS SCHEDULES ARE SUBJECT TO CHANGE**

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

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: 1-22-2017