



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE-NMY

**SUMMER: June 11 - August 26, 2018**      **SUM 1:** June 11-July 22      **SUM 2:** July 23-August 26

*Holiday with a Friend week: July 2 - 8 and August 27 - September 2 (Bring a guest with you to class!)*

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
6:00-6:45AM	Group Cycling -CS	5:30-6:00AM	Max Interval Express -T	5:15-6:15AM	Strength & Resistance -T
6:00-6:45AM	Deep Water Exercise -DW			6:00-6:45AM	Group Cycling -CS
7:00-7:45AM	H2O Exercise -YP			6:00-6:45AM	Deep Water Exercise-DW
				7:00-7:45AM	H2O Exercise -YP
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 (SUM1)	8:30-9:45AM	Power Vinyasa Yoga -SMB	8:30-9:30AM	Hatha Yoga -SMB
8:30-9:30AM	Strength & Resistance-UG	8:30-9:30AM	Zumba -AS	8:30-9:30AM	Strength & Resistance-UG
8:30-9:30AM	Simply Fit -AS	9:00-9:45AM	Cardio Gold -Front 1/2 UG	8:30-9:30AM	Simply Fit -AS
8:45-9:30AM	Barre Pilates -DS	9:00-9:45AM	H2O Exercise -YP	9:00-9:45AM	H2O Exercise -YP
9:00-9:45AM	H2O Exercise -YP	9:00-9:45AM	Deep Water Exercise -DW	9:00-10:00AM	Boot Camp -T
9:00-10:00AM	Boot Camp -T	9:30-10:30AM	Strollerobics -Outside	9:00-9:45AM	Silver Sneaker Classic-1/2UG
9:00-9:45AM	Silver Sneaker Classic-1/2UG	9:45-10:45AM	Tai Chi - Shattuck Park	<b>9:30-11:00AM</b>	<b>Stay Strong -T</b>
10:00-10:45AM	Pilates - SMB	10:00-11:00AM	Restorative Yoga -SMB (SUM 1)	10:00-10:45AM	Pilates - SMB
10:00-10:45AM	Senior Water Exercise -YP	10:00-10:45AM	Arthritis Aqua -YP	10:00-10:45AM	Deep Water Exercise -DW
10:00-10:45AM	Deep Water Exercise -DW	10:00-11:00AM	Strong Bones -UG	10:00-10:45AM	Senior Water Exercise -YP
10:00-10:45AM	Chair Yoga -1/2 UG			10:00-10:45AM	Chair Yoga -1/2 UG
10:45-11:00AM	Water Walking -YP			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
<b>2:30-4:00PM</b>	<b>Stay Strong -T</b>	<b>12:00-1:00PM</b>	<b>Pre/postnatal Aqua -YP</b>		
		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	Strong by Zumba -AS
5:15-6:00PM	PiYo Live -T	5:00-5:45PM	Core-Strength-Core -T	5:00-5:45PM	Group Cycling - CS
5:30-6:15PM	Cardio Strength Fusion -AS	6:05-7:05PM	Cardio Kickboxing -AS	5:30-6:15PM	Cardio Strength Fusion -UG
6:15-7:00PM	Deep Water Exercise -SUM2			5:30-6:30PM	Hatha 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 5:30-6:00AM	Group Cycling -CS Max Interval Express-T	5:00-5:45AM 6:00-6:45AM 6:00-6:45AM 7:00-7:45AM	Deep Water Exercise -DW Group Cycling -CS Deep Water Exercise -DW H2O Exercise -YP		
Mid Morning Classes		Mid Morning Classes		Mid Morning Classes	
8:00-8:45AM 8:30-9:45AM 8:30-9:30AM 8:45-9:30AM 9:00-9:45AM 9:00-9:45AM 9:00-9:45AM 9:30-10:30AM 10:00-11:00AM 10:00-10:45AM 10:00-11:00AM	H2O Strength & Stretch -YP Power Vinyasa Yoga -SMB Zumba -AS Barre Pilates -DS Cardio Gold -Front 1/2 UG Aqua Zumba -YP Deep Water Exercise -DW Strollerobics -Outside Restorative Yoga -SMB (SUM 1) Arthritis Aqua -YP Strong Bones -UG	8:30-9:45AM 8:30-9:30AM 8:30-9:30AM 9:00-9:45AM 9:00-9:45AM 10:00-10:45AM 10:00-10:45AM 10:00-10:45AM	Power Vinyasa Yoga-SMB(SUM 1) Strength and Resistance-UG Simply Fit -AS H2O Exercise -YP 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	H2O Strength&Stretch-YP Circuit Training -T Zumba -AS Hatha Yoga -SMB
Lunch Hour Classes		Lunch Hour Classes		SUNDAY	
11:00-11:45AM 12:00-1:00PM 12:00-1:00PM	Senior Water Exercise -YP Power Vinyasa Yoga -SMB Pre/postnatal Aqua -YP	11:15-12:00PM 12:00-1:00PM	Senior Water Exercise -YP Vinyasa Flow Yoga -SMB	8:45-9:45AM	Zumba -AS
Evening Classes		Evening Classes			
5:00-5:45PM 5:00-6:00PM 5:30-6:30PM 6:15-7:00PM 6:45-7:45PM 7:00-8:30PM	Core-Strength-Core -T Zumba -AS Vinyasa Flow Yoga -SUM1 Deep Water Exercise -SUM2 Restorative/Yin Yoga -SMB Stay Strong -T				

\*CLASS SCHEDULES ARE SUBJECT TO CHANGE

FITNESS KEY	ROOM KEY
<b>\$ - Paid classes</b> <b># - High capacity classes - Get tickets at scanner desk</b> <b>BOLD - Registration Required</b> <b>Class Guidelines:</b> 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.	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: 6-7-2018