



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE-NMY

BONUS WEEK JULY 3 - 9, 2017

NEXT Bonus Week - August 28 - September 3

BRING A FRIEND TO CLASS WEEK!

SPRUCE UP: ALL POOLS WILL BE CLOSED!

MONDAY - 3	TUESDAY	WEDNESDAY - 5
<p>Early Morning Classes</p>	<p>Early Morning Classes</p>	<p>Early Morning Classes</p>
<p>6:00-6:45AM Group Cycling -CS</p>	<p>BUILDING CLOSED!</p>	
<p>Mid Morning Classes</p>	<p>Mid Morning Classes</p>	<p>Mid Morning Classes</p>
<p>8:30-9:45AM Power Vinyasa Yoga -SMB 8:30-9:30AM Strength & Resistance-UG 9:00-9:45AM Silver Sneaker Classic-1/2UG</p>	<p>HAPPY 4TH OF JULY!!!</p>	<p>9:00-9:45AM Silver Sneaker Classic-1/2UG 10:00-10:45AM Gentle Stretch -1/2 UG</p>
<p>Lunch Hour Classes</p>	<p>Lunch Hour Classes</p>	<p>Lunch Hour Classes</p>
<p>12:10-12:55PM Boot Camp -T</p>		<p>12:10-12:55PM Boot Camp -T</p>
<p>Evening Classes</p>	<p>Evening Classes</p>	<p>Evening Classes</p>
		<p>5:00-6:00PM Hatha Yoga-SMB</p>
<p>*SEE REVERSE SIDE FOR THURSDAY THROUGH SUNDAY SCHEDULE *CLASS SCHEDULES ARE SUBJECT TO CHANGE</p>		

THURSDAY - 6	FRIDAY - 7	SATURDAY - 8
Early Morning Classes	Early Morning Classes	Early Morning Classes
5:00-5:45AM Group Cycling -CS	6:00-6:45AM Group Cycling -CS	
Mid Morning Classes	Mid Morning Classes	Mid Morning Classes
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 Silver Sneaker Classic-1/2UG 10:00-10:45AM Gentle Stretch -1/2 UG	8:45-9:45AM Zumba -AS
Lunch Hour Classes	Lunch Hour Classes	SUNDAY - 9
		8:45-9:45AM Zumba -AS
Evening Classes	Evening Classes	
6:45-7:45PM Restorative/Yin Yoga -SMB		

***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

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: 6-26-2017