



# GROUP EXERCISE SCHEDULE

East YMCA  
November 2 - December 31

## Facility Hours

Monday - Friday 5:30am- 9:00pm  
Saturday 7:00am-6:00pm  
Sunday 10:00am-6:00pm

## Kids Stuff Hours

Mon - Fri mornings 8:45am- 1:15pm  
Mon - Fri evenings 4:15pm - 8:45pm  
Saturday 8:15am -1:15pm  
Sunday 1:30pm - 5:30pm

S=Studio, C=Conference room, G=Gym, P=Pool

**Bold = New classes**

Must be at least 15 to attend BODYPUMP®

## Monday

time	class	location	instructor
6:00 - 7:00 am	BodyPump™	S	Alyssa
9:00 - 10:00 am	SilverSneakers® YogaStretch	S	Mary
9:00 - 9:45 am	AOA Water Exercise	P	rotates
10:00 - 10:45 am	Water Exercise	P	Stephanie
10:05 - 11:05 am	BodyPump™	S	Jill
11:10 - 11:55 am	SilverSneakers® Cardio Circuit	S	Jill
Noon - 1:00 pm	BODYFLOW™	S	Tisha
4:30 - 5:30 pm	BodyStep™	S	Ann
5:30 - 6:15 pm	Kids Fitness	G	Suzuki
5:30 - 6:25 pm	Latin Hip Hop	S	Allen
6:30 - 7:30 pm	BodyPump™	S	Allen
7:30 - 8:30 pm	Fitness Yoga	S	MiaLisa

## Thursday

time	class	location	instructor
6:00 - 7:00 am	Cardio	S	Karren
9:00 - 9:30 am	Cardio	S	Ann
9:30 - 10:00 am	AOA Strength	S	Ann
10:15 - 11:00 am	SilverSneakers® - Muscular Strength & Range of Movement	S	Ann
11:05 - 11:55 am	BODYFLOW™ Express	S	Tisha
Noon - 1:00 pm	BodyPump™	S	Ann
4:30 - 5:30 pm	BodyStep™	S	Hope
5:30 - 6:30 pm	Cardio Dance	S	Suzuki
6:30 - 7:25 pm	Latin Hip Hop	S	Allen
7:30 - 8:30 pm	BODYFLOW™	S	Allen

## Tuesday

time	class	location	instructor
9:00 - 9:30 am	Cardio	S	Julie
9:00 - 9:45 am	AOA Water Exercise	P	rotates
9:30 - 10:00 am	AOA Strength	S	Julie
10:00 - 11:00 am	Fitness Yoga	C	Mary
10:15 - 11:00 am	SilverSneakers® - Muscular Strength & Range of Movement	S	Jill
11:05 - 11:55 am	Mat Pilates	S	Jill
Noon - 1:00 pm	BodyPump™	S	Ann
4:30 - 5:30 pm	BodyPump™	S	Laska
5:30 - 6:30 pm	Cardio Dance	S	Suzuki
6:00 - 6:30 pm	Kidz Water X	P	TBD
6:30 - 7:30 pm	Water Exercise	P	Kayla/Jessica
6:30 - 7:30 pm	Cardio Kick	S	Mell
7:30 - 8:00 pm	Core Conditioning	S	Mell

## Friday

time	class	location	instructor
6:00 - 7:00 am	BodyPump™	S	Karren
9:00 - 10:00 am	Latin Hip Hop	S	Cathy
9:00 - 9:45 am	AOA Water Exercise	P	rotates
10:00 - 10:45 am	Water Exercise	P	Linda
10:05 - 11:05 am	BodyPump™	S	Cathy
11:10 - 11:55 am	SilverSneakers® Cardio Circuit	S	Suzuki
Noon - 1:00 pm	Mat Pilates	S	Jonathan
4:30 - 5:30 pm	BODYFLOW™	S	Laska
5:45 - 6:45 pm	<b>Cardio Kick</b>	S	Laska

## Wednesday

time	class	location	instructor
6:00 - 7:00 am	BodyPump™	S	Karren
9:00 - 10:00 am	Latin Hip Hop	S	Jill
9:00 - 9:45 am	SilverSneakers® SilverSplash	P	MaryAnn
10:00 - 10:45 am	Water Exercise	P	MaryAnn
10:05 - 11:05 am	BodyPump™	S	Cathy
11:10 - 11:55 am	SilverSneakers® Cardio Circuit	S	Cathy
Noon - 1:00 pm	BodyStep™	S	Ann
1:05 - 2:05 pm	SilverSneakers® YogaStretch	S	Libby/ Mary
4:30 - 5:30 pm	Fitness Yoga	S	Mary
5:45 - 6:30 pm	Kids Fitness Yoga	C	Mary
5:45 - 6:30 pm	Step	S	Karren
6:30 - 7:00 pm	Core Conditioning	S	Karren
7:00 - 8:00 pm	BodyPump™	S	Karren

## Saturday

time	class	location	instructor
8:30 - 9:30 am	BodyPump™	S	Laska/Heidi
9:00 - 10:00 am	Water Exercise	P	Jenny
9:35 - 10:35 am	Zumba™	S	An*Nisa
9:45 - 10:30 am	Kids Fitness	G	Mary
10:45 - 11:45 am	BODYFLOW™	S	Tisha/Libby

## Sunday

time	class	location	instructor
2:00 - 3:00 pm	Cardio	S	rotates
3:05 - 4:05 pm	BodyPump™	S	rotates
4:10 - 5:10 pm	BODYFLOW™	S	rotates

All classes subject to cancellation due to low attendance.

Visit [ymcatwincities.org](http://ymcatwincities.org) for most current information

