



Hal Welsh East Area Family YMCA - Group Fitness Schedule

Group Ex

May 5th - June 29th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP™ 5:45AM - 6:30AM	LES MILLS TONE™ 5:45AM - 6:30AM	BODYPUMP™ 5:45AM - 6:30AM	H.I.I.T. 5:45AM - 6:30AM	BODYPUMP™ 5:45AM - 6:30AM	VIRTUAL BODYBALANCE BEGINNER (old) 6:45AM - 7:15AM	Yoga 8:30AM - 9:30AM
VIRTUAL BODYBALANCE BEGINNER (old) 6:45AM - 7:15AM	VIRTUAL BODYCOMBAT 30 Mins 6:45AM - 7:15AM	VIRTUAL DANCE 30 Mins 6:45AM - 7:15AM	VIRTUAL BODYBALANCE BEGINNER (old) 6:45AM - 7:15AM	VIRTUAL BODYCOMBAT 30 Mins 6:45AM - 7:15AM	LES MILLS TONE™ 7:30AM - 8:20AM	BODYCOMBAT™ 9:30AM - 10:30AM
Pound 7:30AM - 8:25AM	REFIT 7:30AM - 8:30AM	Forever Fit 7:30AM - 8:30AM	Chair Yoga 7:30AM - 8:30AM	REFIT 7:30AM - 8:30AM	Barre 8:30AM - 9:30AM	BODYPUMP™ 10:30AM - 11:30AM
Forever Fit 8:30AM - 9:25AM	Pilates 8:30AM - 9:25AM	Pound 8:30AM - 9:30AM	Barre 8:30AM - 9:30AM	Forever Fit Plus 8:30AM - 9:30AM	H.I.I.T. 9:30AM - 10:30AM	
BODYCOMBAT™ 9:30AM - 10:25AM	STEP & Strength 9:30AM - 10:25AM	H.I.I.T. 9:30AM - 10:30AM	BODYCOMBAT™ 9:30AM - 10:30AM	BODYPUMP™ 9:30AM - 10:30AM	Zumba Toning 10:30AM - 11:30AM	
BODYPUMP™ 10:30AM - 11:25AM	NIA 10:30AM - 11:30AM	Dance Fit 10:30AM - 11:30AM	Yoga 10:30AM - 11:30AM	Pilates 10:30AM - 11:30AM	NIA 12:30PM - 1:30PM	
WERQ 11:30AM - 12:25PM	Barre 11:30AM - 12:25PM	Chair Yoga 11:30AM - 12:30PM	NIA 11:30AM - 12:30PM	Tai Chi for Arthritis 11:30AM - 12:30PM	VIRTUAL DANCE 45 Mins 5:30PM - 6:15PM	
Forever Fit Plus 12:30PM - 1:25PM	Forever Fit Plus 1:00PM - 1:55PM	Tai Chi for Arthritis 1:30PM - 2:30PM	Forever Fit Plus 1:00PM - 2:00PM	Chair Yoga 12:30PM - 1:30PM	VIRTUAL BODYBALANCE Flexibility 6:20PM - 6:50PM	
VIRTUAL BODYBALANCE 45 Mins 3:30PM - 4:15PM	VIRTUAL BODYCOMBAT 45 Mins 3:30PM - 4:15PM	VIRTUAL BODYBALANCE 45 Mins 3:30PM - 4:15PM	VIRTUAL BODYCOMBAT 45 Mins 3:30PM - 4:15PM	VIRTUAL CORE 30 Mins 3:45PM - 4:15PM		



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba 4:30PM - 5:25PM	POWER Yogalates 4:30PM - 5:25PM	Zumba 4:30PM - 5:30PM	Barre 4:30PM - 5:30PM	Zumba 4:30PM - 5:25PM		
BODYPUMP™ 5:30PM - 6:25PM	Strength & Cardio 5:30PM - 6:30PM	BODYCOMBAT™ 5:30PM - 6:30PM	LES MILLS TONE™ 5:30PM - 6:30PM	STEP 5:30PM - 6:15PM		
BODYCOMBAT™ 6:30PM - 7:25PM	Yoga 6:30PM - 7:25PM	BODYPUMP™ 6:30PM - 7:30PM	Yoga 6:30PM - 7:30PM			
Tai Chi 7:30PM - 8:00PM	WERQ 7:30PM - 8:30PM	Tai Chi 7:30PM - 8:00PM	WERQ 7:30PM - 8:30PM			



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Gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	WERQ 10:30AM - 11:30AM			Boot Camp 10:30AM - 11:30AM		



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Cycle

May 5th - June 29th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 5:45AM - 6:30AM	Cycle 5:45AM - 6:30AM	Cycle 5:45AM - 6:30AM	Cycle 5:45AM - 6:30AM	VIRTUAL RPM 50 Mins 5:45AM - 6:35AM	Cycle 7:30AM - 8:30AM	Cycle 8:30AM - 9:15AM
VIRTUAL RPM 50 Mins 7:00AM - 7:50AM	VIRTUAL THE TRIP 45 Mins 7:00AM - 7:45AM	VIRTUAL RPM 50 Mins 7:00AM - 7:50AM	VIRTUAL RPM 50 Mins 7:00AM - 7:50AM	VIRTUAL RPM 50 Mins 7:00AM - 7:50AM	Cycle 9:00AM - 9:45AM	Cycle 9:30AM - 10:15AM
Cycle 8:30AM - 9:15AM	Cycle 9:00AM - 9:45AM	Cycle 9:00AM - 9:45AM	Cycle 9:00AM - 9:45AM	Cycle 9:00AM - 10:00AM	VIRTUAL RPM 50 Mins 11:00AM - 11:50AM	VIRTUAL RPM 50 Mins 10:30AM - 11:20AM
Cycle 9:30AM - 10:30AM	THE TRIP Live 45 Mins 12:00PM - 12:45PM	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM	THE TRIP Live 45 Mins 12:00PM - 12:45PM	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM		
VIRTUAL RPM 50 Mins 12:00PM - 12:50PM	Cycle 4:30PM - 5:15PM	VIRTUAL RPM 50 Mins 4:30PM - 5:20PM	VIRTUAL RPM 50 Mins 4:30PM - 5:20PM	VIRTUAL RPM 50 Mins 5:30PM - 6:20PM		
VIRTUAL RPM 50 Mins 4:30PM - 5:20PM	Cycle 5:45PM - 6:30PM	Cycle 5:30PM - 6:15PM	Cycle 5:30PM - 6:15PM			
Cycle 5:30PM - 6:30PM	VIRTUAL RPM 50 Mins 7:00PM - 7:50PM		VIRTUAL RPM 50 Mins 7:00PM - 7:50PM			