

Hal Welsh East Area Family YMCA - Group Fitness Schedule

Group Ex

June 30th - August 31st

| 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 Base 6:40AM - 7:15AM | Yoga 8:30AM - 9:30AM |
| VIRTUAL BODYBALANCE Base 6:40AM - 7:15AM | VIRTUAL BODYCOMBAT 30 Mins 6:45AM - 7:15AM | VIRTUAL DANCE 30 Mins 6:45AM - 7:15AM | VIRTUAL BODYBALANCE Base 6:40AM - 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 11:30AM - 12:30PM | |
| 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 No class 7/18 | 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 No class 7/18 | 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 | | |

*Changes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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|--------|---------|-----------|----------|--------|----------|--------|

Zumba
4:30PM - 5:25PM

BODYPUMP™
5:30PM - 6:25PM

BODYCOMBAT™
6:30PM - 7:25PM

Tai Chi
7:30PM - 8:00PM

No class
6/30, 7/7

VIRTUAL DANCE
45 Mins
4:30PM - 5:15PM

Strength & Cardio
5:30PM - 6:30PM

Yoga
6:30PM - 7:25PM

WERQ
7:30PM - 8:30PM

Zumba
4:30PM - 5:30PM

BODYCOMBAT™
5:30PM - 6:30PM

BODYPUMP™
6:30PM - 7:30PM

Tai Chi
7:30PM - 8:00PM

No class
7/25, 7/9

Barre
4:30PM - 5:30PM

LES MILLS TONE™
5:30PM - 6:30PM

Zumba
6:30PM - 7:30PM

Yoga
7:30PM - 8:30PM

VIRTUAL DANCE
45 Mins
4:30PM - 5:15PM



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Gym

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

WERQ
10:30AM - 11:30AM

Zumba
9:00AM - 10:00AM

Boot Camp
10:30AM - 11:30AM



Hal Welsh East Area Family YMCA - Group Fitness Schedule

Cycle

June 30th - August 31st

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|---|---|---|
| VIRTUAL RPM 50 Mins 5:45AM - 6:35AM | 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 - 9:45AM (45 minutes) | VIRTUAL RPM 50 Mins 11:00AM - 11:50AM | VIRTUAL RPM 50 Mins 10:30AM - 11:20AM |
| VIRTUAL RPM 50 Mins 9:30AM - 10:20AM | 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 | | | |

Changes