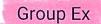


Hal Welsh East Area Family YMCA - Group Fitness Schedule



November 2nd September 2nd -

Monday Tuesday Wednesday Thursday Friday Saturday Sunday **BODYPUMP™** LES MILLS TONE™ **BODYPUMP™** H.I.I.T.**BODYPUMP™** VIRTUAL Yoga 5:45AM - 6:30AM 8:30AM - 9:30AM **BODYBALANCE** Pathy/Jill Patty Pathy /Jill Cindy/Patty Patty Paul Staff Base 6:40AM - 7:15AM VIRTUAL VIRTUAL VIRTUAL DANCE VIRTUAL VIRTUAL LES MILLS TONE™ **BODYCOMBAT™** BODYBALANCE **BODYCOMBAT 30** 30 Mins BODYBALANCE **BODYCOMBAT 30** 7:30AM - 8:20AM 9:30AM - 10:30AM Meredith/Terri/ Patty Meredith Base Mins 6:45AM - 7:15AM Mins Base 6:40AM - 7:15AM 6:45AM - 7:15AM 6:40AM - 7:15AM 6:45AM - 7:15AM Pound Rachele REFIT Sally Forever Fit Chair Yoga George REFIT Sally Barre Jackie BODYPUMP™ 7:30AM - 8:30AM 7:30AM - 8:25AM 7:30AM - 8:30AM 7:30AM - 8:30AM 8:30AM - 9:30AM 7:30AM - 8:30ÅM 10:30AM - 11:30AM LYNN Forever Fit Gence Pilates Patty Pound Rachele Barre Tackie H.I.I.T. Cindy Forever Fit Plus 8:30AM - 9:25AM 8:30AM - 9:25AM 8:30AM - 9:30AM 8:30AM - 9:30AM 9:30AM - 10:30AM 8:30AM - 9:30AM **BODYCOMBAT™** STEP & Strength H.I.I.T. Cindy **BODYCOMBAT™ BODYPUMP™** Zumba Toning Suzame 9:30AM - 10:25AM 9:30AM - 10:25AM 9:30AM - 10:30AM 9:30AM - 10:30AM 10:30AM - 11:30AM 9:30AM - 10:30AM Patty Wendy Pilates **BODYPUMP™** NIA Dance Fit Keyie Yoga NIA Alice 10:30AM - 11:30AM 10:30AM - 11:30AM 10:30AM - 11:30AM Tessica / Ratty

Chair Yoga Sandra NIA Tai Chi for 10:30AM - 11:25AM 10:30AM - 11:30AM Kathleen 10:30AM - 11:30AM 12:45PM - 1:45PM Kath leen Barre WERO VIRTUAL DANCE 11:30AM - 12:30PM 11:30AM - 12:30PM Arthritis Genoa 45 Mins Terri Kinyorda 11:30AM - 12:30PM 5:30PM - 6:15PM Forever Fit Plus Forever Fit Plus Tai Chi for Forever Fit Plus Chair Yoga Linda VIRTUAL 12:30PM - 1:25PM 1:00PM - 1:55PM 1:00PM - 2:00PM 12:30PM - 1:30PM Arthritis George BODYBALANCE Terri Tessi Jackie 1:30PM - 2:30PM Flexibility 6:20PM - 6:50PM VIRTUAL VIRTUAL VIRTUAL VIRTUAL **VIRTUAL CORE 30**

BODYBALANCE 45 BODYCOMBAT 45 Mins

3:30PM - 4:15PM

Mins

3:30PM - 4:15PM

BODYBALANCE 45 Mins

3:30PM - 4:15PM

BODYCOMBAT 45 Mins 3:30PM - 4:15PM

Mins

3:45PM - 4:15PM

Barre Terry Zumba Kelly **POWER Yogalates** Zumba Kelly Zumba Kelly 4:30PM - 5:25PM 4:30PM - 5:30PM 4:30PM - 5:30PM 4:30PM - 5:30PM 4:30PM - 5:25PM STEP Mary **BODYPUMP™** Strength & Cardio **BODYCOMBAT™** LES MILLS TONE™ 5:30PM - 6:30PM 5:30PM - 6:15PM 5:30PM - 6:30PM 5:30PM - 6:25PM 5:30PM -6:30PM Terri Colleen Cindy **BODYPUMP™ BODYCOMBAT™** Yoga Yoga Sandra 6:30PM - 7:25PM 6:30PM - 7:30PM 6:30PM - 7:30PM 6:30PM - 7:25PM Tai Chi WERQ Zumba Tai Chi 7:30PM - 8:30PM 7:30PM - 8:00PM 7:30PM - 8:30PM 7:30PM - 8:00PM TIM Tricia TIM 144

Wednesday

Tuesday



Monday

Hal Welsh East Area Family YMCA - Group Fitness Schedule

Thursday

Friday

Gym

Sunday

Saturday

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

WERO Margarita
10:30AM - 11:30AM

10:30AM - 11:30AM