



Hal Welsh East Area Family YMCA - Group Fitness Schedule

September 2nd - November 2nd

Group Ex

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP™ 5:45AM - 6:30AM <i>Patty/Jill</i>	LES MILLS TONE™ 5:45AM - 6:30AM <i>Patty</i>	BODYPUMP™ 5:45AM - 6:30AM <i>Patty/Jill</i>	H.I.I.T. 5:45AM - 6:30AM <i>Cindy/Patty</i>	BODYPUMP™ 5:45AM - 6:30AM <i>Patty</i>	VIRTUAL BODYBALANCE Base 6:40AM - 7:15AM	Yoga 8:30AM - 9:30AM <i>Paul/Staff</i>
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 <i>Meredith/Terri/Patty</i>	BODYCOMBAT™ 9:30AM - 10:30AM <i>Meredith</i>
Pound Rachele 7:30AM - 8:25AM	REFIT Sally 7:30AM - 8:30AM	Forever Fit Genoa 7:30AM - 8:30AM	Chair Yoga Genoa 7:30AM - 8:30AM	REFIT Sally 7:30AM - 8:30AM	Barre Jackie 8:30AM - 9:30AM	BODYPUMP™ 10:30AM - 11:30AM <i>Lynn</i>
Forever Fit Genoa 8:30AM - 9:25AM	Pilates Patty 8:30AM - 9:25AM	Pound Rachele 8:30AM - 9:30AM	Barre Jackie 8:30AM - 9:30AM	Forever Fit Plus Cindy 8:30AM - 9:30AM	H.I.I.T. Cindy 9:30AM - 10:30AM	
BODYCOMBAT™ 9:30AM - 10:25AM <i>Patty</i>	STEP & Strength Wendy 9:30AM - 10:25AM	H.I.I.T. Cindy 9:30AM - 10:30AM	BODYCOMBAT™ 9:30AM - 10:30AM <i>Wendy</i>	BODYPUMP™ 9:30AM - 10:30AM <i>Rachele</i>	Zumba Toning Suzanne 10:30AM - 11:30AM	
BODYPUMP™ 10:30AM - 11:25AM <i>Jennifer</i>	NIA Kathleen 10:30AM - 11:30AM	Dance Fit Kulie 10:30AM - 11:30AM	Yoga Margaux 10:30AM - 11:30AM	Pilates Jessica/Patty 10:30AM - 11:30AM	NIA Alice 12:45PM - 1:45PM	
WERQ Terri 11:30AM - 12:25PM	Barre Kinyorda 11:30AM - 12:25PM	Chair Yoga Sandra 11:30AM - 12:30PM	NIA Kathleen 11:30AM - 12:30PM	Tai Chi for Arthritis Genoa 11:30AM - 12:30PM	VIRTUAL DANCE 45 Mins 5:30PM - 6:15PM	
Forever Fit Plus Terri 12:30PM - 1:25PM	Forever Fit Plus Terri 1:00PM - 1:55PM	Tai Chi for Arthritis Genoa 1:30PM - 2:30PM	Forever Fit Plus Jackie 1:00PM - 2:00PM	Chair Yoga Linda 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 Kelly

4:30PM - 5:25PM

BODYPUMP™

5:30PM - 6:25PM

BODYCOMBAT™

6:30PM - 7:25PM

Tai Chi

7:30PM - 8:00PM

POWER Yogalates

4:30PM - 5:25PM

Strength & Cardio

5:30PM - 6:30PM

Yoga

6:30PM - 7:25PM

WERQ

7:30PM - 8:30PM

Zumba Kelly

4:30PM - 5:30PM

BODYCOMBAT™

5:30PM - 6:30PM

BODYPUMP™

6:30PM - 7:30PM

Tai Chi

7:30PM - 8:00PM

Barre Terri

4:30PM - 5:30PM

LES MILLS TONE™

5:30PM - 6:30PM

Yoga Sandra

6:30PM - 7:30PM

Zumba

7:30PM - 8:30PM

Zumba Kelly

4:30PM - 5:30PM

STEP Mary

5:30PM - 6:15PM



Hal Welsh East Area Family YMCA - Group Fitness Schedule

Gym

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

WERQ Margarita
 10:30AM - 11:30AM

Boot Camp Vesta
 10:30AM - 11:30AM