

GROUP EXERCISE CLASSES

ALLIANCE FAMILY YMCA

Summer Schedule

REVISED 6/28/22



<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRIDAY</u>
TABATA Strength 6:00-6:45 (Studio A)	Power Pump 6:00-6:45 (Studio A)	AOA Core Pole 8:30-9:15 (Studio B)	Power Pump 6:00-6:45 (Studio A)	Rapid Results 8:30-9:15 (Keiser Room)
AOA Instructor Choice 8:30-9:15 (Studio B)	Power Pump 10:00-10:45 (Large Gym)	Group Cycling 9:00-9:45 (cycling Room)	Group Cycling 9:30-10:00 (Cycling Room)	Group Cycling 9:00-9:45 (Cycling Room)
Outdoor bootcamp 9:00-9:45 (silver park) **meet at the sound stage	----- Outdoor Zumba 4:30-5:30 (Silver park)	Outdoor bootcamp 9:00-9:45 (silver park) **meet at the sound stage	Strength 10:00-10:45 (Studio A)	Silver Sneakers 10:00-10:45 (Studio B)
Group Cycling 9:00-9:45 (Cycling Room)	POUND 5:30-6:15 (Studio B)	Yoga 10:00-10:45 (Studio A)	----- TABATA Strength 5:30-6:15 (Studio A)	Combo Class CXWORX 10:00-10:30 Tabata 10:30-11:00 (Studio A)
Strength 10:00-10:45 (Studio A)	Yoga 6:30-7:15 (Studio A)	Silver Sneakers 10:00-10:45 (Studio B)		----- <u>SAT</u>
Silver Sneakers 10:00-10:45 (Studio B)		Chair Yoga 10:45-11:15 (Studio B)		Yoga 8:00-8:45 (Studio A)
-----		-----		Combo Class POUND 8:00-8:30 CXWORX 8:30-9:00 (Studio B)
Just Dance 4:30-5:15 (Studio B)		Group Cycling 5:30-6:15 (Cycling Room)		Power Pump 8:00-8:45 (Large Gym)
Tabata 5:00-5:30 (Studio A)				Group Cycling 9:00-9:45 (Cycling Room)
Group Cycling 5:30-6:15 (Cycling Room)				
Core Pole 5:30-6:15 (Studio B)				