



# GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	Class	Instructor	Location
8:30	Spinning	Belinda	Respect
8:45	Step	Sandra	Faith
9:30	Beginning Yoga	Maria	Faith
	Spinning	Laura B	Respect
10:30	Zumba Gold	Alma	Faith
11:30	Silver Sneakers Classic	Laurie	Faith
5:00	Zumba	Sandra	Faith
	Spinning	Belinda	Respect
6:00	Cycling	Marcos	Respect
7:00	Cardio Sculpt	Brian	Faith
	Intermediate Yoga	Maria	Responsibility

THURSDAY	Class	Instructor	Location
8:00	Kickboxing	Ruth	Responsibility
8:30	Turbo Kickboxing	Belinda	Faith
9:00	Advanced Yoga	Maria	Responsibility
	Spinning	Laura	Respect
9:30	Zumba	Ruth	Faith
10:30	Silver Sneakers Classic	Alma	Faith
11:30	Silver Sneakers Yoga	Alma	Faith
5:00	Spinning	Belinda	Respect
6:00	Spinning	Monica P	Respect
	Zumba	Ruth	Faith
7:00	Cardio Sculpt	Brian	Faith

TUESDAY	Class	Instructor	Location
8:30	Cardio Sculpt	Belinda	Faith
9:00	Spinning	Laura B	Respect
9:30	Zumba	Ruth	Faith
10:30	Silver Sneakers Classic	Alma	Faith
	Silver Sneakers Cardio	Laurie	Responsibility
11:30	Beginning Line Dance	Alma	Faith
	Silver Sneakers Yoga	Laurie	Responsibility
5:00	Spinning	Belinda	Respect
	Zumba	Ruth	Faith
6:00	Cycling	Marcos	Respect
7:00	Cardio Sculpt	Brian	Faith

FRIDAY	Class	Instructor	Location
8:30	Step	Belinda	Faith
	Spinning	Laura B	Respect
9:30	Beg. - Int. Yoga	Laura B	Responsibility
	Zumba	Sandra	Faith
10:30	Advanced Line Dance	Alma	Faith
11:30	Silver Sneakers Classic	Alma	Faith
5:00	Cycling	Marcos	Respect

WEDNESDAY	Class	Instructor	Location
8:30	Spinning	Belinda	Respect
8:45	Step	Sandra	Faith
9:30	Intermediate Yoga	Maria	Responsibility
	Zumba	Sandra	Faith
10:30	Zumba Gold	Alma	Faith
	Intermediate Pilates	Maria	Responsibility
11:30	Silver Sneakers Classic	Laurie	Faith
5:00	Zumba	Sandra	Faith
	Spinning	Belinda	Respect
6:00	Cycling	Marcos	Respect
7:00	Beg.- Int. Yoga	Maria	Responsibility

Saturday	Class	Instructor	Location
8:30	Spinning	Monica P	Respect
10:00	R.I.P.P.E.D.	Maria C	Faith
11:00	Zumba	Ruth	Faith

Sunday	Class	Instructor	Location
11:15	Spinning	Jane	Respect

REVISED 01/13/17

## YMCA MISSION

**TO PUT CHRISTIAN PRINCIPLES INTO  
PRACTICES THROUGH PROGRAMS THAT  
BUILD HEALTHY SPIRIT, MIND, AND  
BODY FOR ALL.**

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