



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP EXERCISE SCHEDULE

LOYA FAMILY YMCA

Winter

MONDAY

8:00-8:45 am	Cardio Toning	Luisa
9:00-9:45 am	Dance Fit	Luisa
9:15 -10:00 am	Spinning	Monica
10:00-10:45am	Barre Fitness	Michelle O
11:45 - 12:30 pm	Silver Sneakers-Classic	Michelle M
5:15- 6:00 pm	Yoga	Victoria
5:15- 6:00 pm	Zumba	Michelle O.
6:15- 7:00 pm	Spinning	Michelle O.
6:30-7:15 pm	Cardio Sculpting	Brian E.

TUESDAY

8:00-8:45 am	Strong Nation	Michelle O.
9:00-9:45am	Cardio Sculpt	Luisa
10:30-11:15	Boom Move (Line Dance)	Genie
11:15-12:00pm	Yoga	Victoria
11:45 - 12:30 pm	Silver Sneakers-Cardio	Michelle
5:15- 6:00 pm	Yoga	Victoria
5:15- 6:00 pm	Zumba	Claudia
6:00-6:45pm	Spinning	Monica-Respect

WEDNESDAY

8:00 - 8:45 am	Cardio Toning	Luisa
9:00 - 9:45 am	Zumba	Luisa
9:15 -10:00 am	Spin 'n sculpt	Monica
10:00- 10:45 am	Senior dance	Luisa
10:15 - 11:00 am	Pilates	Monica
11:45 - 12:30 pm	Silver Sneakers - Classic	Michelle M
12:30 - 1:15 pm	Silver Sneakers - Yoga	Michelle M
5:15 - 6:15 pm	Dance Fit	Luisa
6:30 - 7:15 pm	Cardio Sculpting	Brian E.

THURSDAY

8:00- 8:45 am	Strong Nation	Michelle O.
9:00- 9:45am	Buts N Guts	Michelle O.
9:45-10:15am	Stretch it out	Michelle O.
10:30-11:15 am	Boom Move (Line Dance)	
11:15 -12:00 pm	Yoga	Victoria
11:45 - 12:30 pm	Silver Sneakers- Cardio	Michelle
5:15- 6:00pm	Yoga	Victoria
5:30-6:15pm	Zumba	Claudia A. Lady
6:00-6:45pm	Spinning	Monica

FRIDAY

8:00-8:45 am	Step	Luisa
9:00 - 9:45 am	Dance and tone	Luisa
9:15 -10:00 am	Spinning	Monica
10:00- 10:45 am	Senior Dance	Luisa
11:45- 12:30 pm	Silver Sneakers-Classic	Michelle

SATURDAY

9:00 - 9:45 am	Zumba	Claudia
10:00 - 11:00am	Cardio Sculpting	Brian- Lady D

GROUP EXERCISE CLASS INFORMATION