



Genesee County YMCA

GROUP EXERCISE SCHEDULE

Winter Session I: March 5th – May 7th, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Interval/Sculpt 5:40-6:30 AM Marianne Group Ex Room	Group Cycling 6:00-6:45 AM Carol Multi-Purpose Room	Group Cycling 5:45-6:30 AM Marianne Multi-Purpose Room	Group Cycling 6:00-6:45 AM Carol Multi-Purpose Room	Interval 5:40-6:30 AM Michelle Group Ex Room	Turbo Kick® 8:00-9:00 AM Danny Group Ex Room
		Interval Bootcamp / Cycle 8:30-9:30 AM Jeanne Multi-Purpose Room	Interval/Sculpt 6:00-7:00 AM Amy Group Ex Room	Interval Bootcamp 8:30-9:30 AM Christina Multi-Purpose Room		Group Cycling 8:30-9:30 AM Rotating Instructor Multi-Purpose Room
	Interval Bootcamp 8:30-9:30 AM Christina Multi-Purpose Room		Interval Bootcamp / Barre 8:30-9:30 AM Jeanne Multi-Purpose Room		Interval Bootcamp 8:30-9:30 AM Christina Multi-Purpose Room	
	ZUMBA® 8:30-9:30 AM Becky Group Ex Room	SILVER&FIT® EXPERIENCE 8:35-9:35 AM Becky Group Ex Room	ZUMBA Gold® <small>ENDORSED</small> 8:30-9:30 AM Becky Group Ex Room	Silver Sneakers® Cardio 8:35-9:35 AM Becky Group Ex Room	ZUMBA® 8:30-9:30 AM Becky Group Ex Room	Athletic Aesthetics 9:15-10:15 AM Kevin Group Ex Room
ZUMBA 10:45-11:45AM Heather/Amy Group Ex Room	Pilates – All Levels 9:35-10:35 AM Becky Multi-Purpose Room		Pilates – All Levels 9:35-10:35 AM Becky Multi-Purpose Room			
	Ageless Fitness 9:45-10:45 AM Jeanne Group Ex Room Stretch 10:45-11 AM	Ageless Fitness 9:45-10:45 AM Jeanne Group Ex Room	Ageless Fitness 9:45-10:45 AM Jeanne Group Ex Room	Ageless Fitness 9:45-10:45 AM Jeanne Group Ex Room	Ageless Fitness 9:45-10:45 AM Jeanne Group Ex Room	ZUMBA® 10:30-11:30AM Heather Group Ex Room
	Silver Sneakers® Classic 11:00-12:00 PM Nancy Group Ex Room	Barre 11:00-11:30 Jeanne Multi-Purpose Room	Silver Sneakers® Classic* 11:00-12:00 PM Mary Group Ex Room		Tai Chi 10:00 – 10:45AM Nancy / Lilo Multi-Purpose Room	
	Chair Yoga 12:05-1:05 PM Nancy Multi-Purpose Room		Chair Yoga 12:05-1:05 PM Nancy Multi-Purpose Room		Silver Sneakers® Classic 11:00 AM-12PM Mary Group Ex Room	
		Relaxation Yoga 5:00-5:45PM Jenna Multi-Purpose Room		Relaxation Yoga 5:00-5:45PM Jenna Multi-Purpose Room		
	Pilates – Advanced** 5:00-5:55 PM Nancy Multi-Purpose Room	Group Cycling 6:00-6:45 PM Nina Multi-Purpose Room	Pilates – Advanced** 5:00-5:55 PM Lori Multi-Purpose Room	Group Cycling 6:00-6:45 PM Nina Multi-Purpose Room		
	Pilates – Beginner** 6:05-7:00 PM Lori Multi-Purpose Room	Abs Class 6:00– 6:30PM Lisa Group Ex Room	Pilates – Beginner** 6:05-7:00 PM Lori Multi-Purpose Room	Abs Class 6:00pm – 6:30PM Lisa Group Ex Room		
	Kickbox Cardio 6:00 – 7:00 PM Valerie Group Ex Room	ZUMBA® 6:30-7:30 PM Heather Group Ex Room	Kickbox Cardio 6:00 – 7:00 PM Valerie Group Ex Room	ZUMBA® 6:30-7:30 PM Heather Group Ex Room		

Schedule Subject to change without notice

Class Etiquette: Make friends, but be courteous to instructors and other participants by chatting before or after class and not during the workout. Always wear clean, dry footwear appropriate for the class you are taking. Have fun and enjoy!