



## Group Fitness Schedule

FITNESS AREA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>TBWO (Pilot)</b> 6:30AM - 7:25AM Alternating <i>Studio 2</i>			
		<b>Circuit Challenge</b> 7:30AM - 8:25AM Monica <i>Mezzanine/Studio 2</i>		<b>TBWO Xpress</b> 7:30AM - 7:55AM Eduardo <i>Studio 2</i>		
	<b>20-20-20</b> 8:30AM - 9:25AM Eduardo <i>Studio 2</i>	<b>Barre Strong</b> 8:30AM - 9:25AM Laura <i>Studio 2</i>	<b>Boot Camp</b> 8:30AM - 9:25AM Carrie <i>Studio 2</i>	<b>Tabata</b> 8:00AM - 8:55AM Eduardo <i>Studio 2</i>	<b>Booty Barre</b> 8:30AM - 9:30AM Carole <i>Studio 2</i>	
<b>Pilates Sculpt</b> 9:30AM - 10:25AM Mariam <i>Studio 2</i>	<b>Pyloxing</b> 8:50AM - 9:20AM Carole <i>Studio 3</i>	<b>Cardio &amp; Tone (Women)</b> 9:00AM - 9:55AM Susan <i>Studio 3</i>		<b>Spin &amp; More</b> 8:30AM - 9:25AM Stephanie <i>Cycle Studio</i>		<b>Zumba</b> 9:00AM - 9:55AM Guylaine <i>Studio 2</i>
<b>Spin &amp; Sculpt</b> 9:30AM - 10:25AM Monica <i>Cycle Studio</i>	<b>Essentrics</b> 9:30AM - 10:25AM Carole <i>Studio 2</i>	<b>Pilates Sculpt</b> 9:30AM - 10:25AM Laura <i>Studio 2</i>	<b>Ballates</b> 9:30AM - 10:25AM Carrie <i>Studio 2</i>	<b>Cardio &amp; Pilates(Women)</b> 9:00AM - 9:55AM Susan <i>Studio 3</i>	<b>Zumba</b> 9:45AM - 10:45AM Carole <i>Studio 2</i>	
<b>Abs-olutely</b> 10:30AM - 10:55AM Monica <i>Studio 2</i>	<b>Tai Chi</b> 10:30AM - 11:25AM George <i>Studio 2</i>		<b>Kabalah Yoga</b> 10:45AM - 11:40AM Audi <i>Studio 2</i>	<b>Zumba</b> 9:00AM - 9:55AM Guylaine <i>Studio 2</i>		<b>20-20-20</b> 10:00AM - 10:55AM Scott <i>Studio 2</i>
<b>Kabalah Yoga</b> 11:00AM - 12:30PM Audi <i>Studio 2</i>	<b>Yoga</b> 12:00PM - 12:55PM Susan <i>Studio 2</i>	<b>Yoga Flow</b> 10:45AM - 11:40AM Susy <i>Studio 2</i>	<b>Zumba Toning (Women)</b> 12:15PM - 1:00PM Carole <i>Studio 2</i>	<b>Yoga</b> 10:30AM - 11:25AM Susan <i>Studio 2</i>	<b>Essentrics</b> 11:00AM - 12:00PM Carole <i>Studio 2</i>	<b>Circuit Training</b> 10:00AM - 10:55AM Monica <i>Mezzanine</i>
	<b>Zumba (Women)</b> 12:00PM - 12:55PM Guylaine <i>Studio 3</i>	<b>The Work Out</b> 12:15PM - 12:55PM Eduardo <i>Mezzanine</i>	<b>Power Ride</b> 12:15PM - 1:00PM Monica <i>Cycle Studio</i>			<b>Eldoa</b> 11:00AM - 11:55AM Monica <i>Studio 2</i>
	<b>Rhythm Ride</b> 12:15PM - 1:00PM Linda R. <i>Cycle Studio</i>	<b>Pilates(Women)</b> 12:15PM - 1:00PM Alison <i>Studio 2</i>		<b>Full Body Circuit</b> 12:15PM - 1:00PM Linda B. <i>Mezzanine</i>		
		<b>Eldoa</b> 5:30PM - 6:25PM Monica <i>Studio 3</i>	<b>Circuit Training</b> 5:30PM - 6:25PM Linda B. <i>Mezzanine</i>	<b>The Work Out</b> 5:30PM - 6:25PM Monica <i>Studio 2</i>		
	<b>Spin &amp; Sculpt</b> 5:30PM - 6:25PM Linda B. <i>Cycle Studio</i>	<b>HIIT</b> 6:00PM - 6:55PM Carrie <i>Studio 2</i>		<b>Yoga Vinyasa Flow (Pilot)</b> 6:30PM - 7:45PM Esther <i>Studio 2</i>		
	<b>Pilates Sculpt (Pilot)</b> 7:30PM - 8:25PM Shira <i>Studio 2</i>					
AQUATICS: POOL						
	<b>Aqua Fitness</b> 9:00AM - 9:55AM Hendrica	<b>Aqua Fitness</b> 9:00AM - 9:55AM Nadia	<b>Aqua Fitness (Women)</b> 8:30AM - 9:15AM Hendrica	<b>Aqua Fitness</b> 9:00AM - 9:55AM Nadia		
		<b>Aqua Fitness</b> 10:30AM - 11:25AM Kevin			<b>Aqua Fitness (Women)</b> 10:30AM - 11:25AM Maria	

Group fitness classes are free for all members

The Group Fitness schedule, including the instructor who is teaching the class, is subject to change without notice. Visit our website ([www.ymywha.com](http://www.ymywha.com)) regularly and follow us on Instagram Story (@ymywha and @ymywha.fit) and/or sign up for fitness alerts for the latest updates.

New Change

Last Update: September 6, 2023