



## Group Fitness Schedule

FITNESS AREA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Total Body WO</b> 6:30AM - 7:25AM Eduardo Studio 2			
		<b>Circuit Challenge</b> 7:30AM - 8:25AM Laura B. Mezzanine/Studio 2		<b>Core &amp; More</b> 8:00AM - 8:25AM Guylaine Studio 2	<b>MetCon</b> 7:30AM - 8:25AM Monica Functional Area/ Studio 2	
	<b>20-20-20</b> 8:30AM - 9:25AM Eduardo Studio 2	<b>Barre Strong</b> 8:30AM - 9:25AM Laura Studio 2	<b>Boot Camp</b> 8:30AM - 9:25AM Carrie Studio 2	<b>TWO (Today's WO)</b> 8:30AM - 9:20AM Guylaine Studio 2	<b>Booty Barre</b> 8:30AM - 9:30AM Carole Studio 2	
<b>Body Sculpt</b> 9:00AM - 9:55AM Carole Studio 2		<b>Cardio &amp; Tone (Women)</b> 9:00AM - 9:55AM Susan Studio 3				<b>Zumba</b> 9:00AM - 9:55AM Guylaine Studio 2
<b>Ride to the Core</b> 10:00AM - 10:55AM Stephanie Cycle Studio & Mezzanine	<b>Essentrics</b> 9:30AM - 10:25AM Carole Studio 2	<b>Cardio Tone Fuzion</b> 9:30AM - 10:25AM Marissa Studio 2	<b>Ballates</b> 9:30AM - 10:25AM Carrie Studio 2	<b>Cardio &amp; Pilates(Women)</b> 9:00AM - 9:55AM Susan Studio 3	<b>Zumba</b> 9:45AM - 10:45AM Carole Studio 2	
<b>Fitness "à la carte"</b> 10:05AM - 11:00AM Alternating Studio 2	<b>Tai Chi</b> 10:30AM - 11:25AM George Studio 3		<b>Kabalah Yoga</b> 10:45AM - 11:40AM Audi Studio 2	<b>Zumba</b> 9:30AM - 10:25AM Guylaine Studio 2		<b>20-20-20</b> 10:00AM - 10:55AM Scott Studio 2
<b>Kabalah Yoga</b> 11:10AM - 12:25PM Audi Studio 2	<b>Yoga</b> 12:00PM - 11:55PM Susan Studio 3	<b>Yoga Flow</b> 10:45AM - 11:40AM Susy Studio 2	<b>Zumba Toning (Women)</b> 12:15PM - 1:00PM Carole Studio 2	<b>Yoga</b> 10:30AM - 11:25AM Susan Studio 2	<b>Essentrics</b> 11:00AM - 12:00PM Carole Studio 2	<b>Circuit Training</b> 10:00AM - 10:55AM Monica Mezzanine
	<b>Zumba (Women)</b> 12:00PM - 12:55PM Guylaine Studio 2	<b>The Work Out</b> 12:15PM - 12:55PM Eduardo Mezzanine	<b>Power Ride</b> 12:15PM - 1:00PM Monica Cycle Studio			<b>Eldoa</b> 11:00AM - 11:55AM Monica Studio 2
	<b>Rhythm Ride</b> 12:15PM - 1:00PM Linda R. Cycle Studio	<b>Pilates(Women)</b> 12:15PM - 1:00PM Alison Studio 2		<b>Full Body Circuit</b> 12:15PM - 1:00PM Linda B. Mezzanine		
	<b>Spin &amp; Sculpt</b> 5:30PM - 6:25PM Linda B. Cycle Studio	<b>Eldoa</b> 5:30PM - 6:25PM Monica Studio 2		<b>The Work Out</b> 5:30PM - 6:25PM Monica Studio 2		
		<b>Power Ride</b> 7:00PM - 7:45PM Alternating Cycle Studio	<b>Body Sculpt</b> 6:30PM - 7:25PM Nassim Studio 2	<b>Yoga Vinyasa Flow</b> 7:00PM - 7:55PM Alternating Studio 2		
	<b>Total Body WO</b> 7:30PM - 8:25PM Alternating Studio 2		<b>Pilates Sculpt</b> 7:30PM - 8:25PM Shira Studio 2			
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: February 7, 2024