



Group Fitness Schedule

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

Group fitness classes are free for all members

Please note that if attendance for a class is below 7 participants for a period of 6 weeks the class will be removed from the schedule. The Group Fitness schedule, including the instructor who is teaching the class, is subject to change without notice. Visit our website (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.