



## Group Fitness Schedule

FITNESS AREA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Total Body WO</b> 6:30AM - 7:25AM Olga Studio 2			
		<b>Circuit Challenge</b> 7:30AM - 8:25AM Laura B. Mezzanine/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 Fusion</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>Boot Camp</b> 10:05AM - 11:00AM Carrie 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>All Drills Ride</b> 10:00AM - 10:55AM Carrie/Linda R. 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 - 12:55PM 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>RPM 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>Cardio Attack</b> 6:00PM - 6:30PM Nassim Studio 2	<b>The Work Out</b> 5:30PM - 6:25PM Monica Studio 2		
	<b>Pilates</b> 7:00PM - 7:55PM Shira Studio 2		<b>Body Sculpt</b> 6:30PM - 7:25PM Nassim Studio 2	<b>Yoga Vinyasa Flow</b> 7:00PM - 7:55PM Audi 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 - 9:25AM 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

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](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.