



GROUP EXERCISE SCHEDULE

DOWNTOWN YMCA

UPDATED 10.1.18

MONDAY

	Time	Class	Instructor	Location
MORNING	9:30AM	Gray Panthers	Bob	Gym
NOON	12:00PM	CrossTrain	Nora	CrossFit
	12:00PM	Spin	Lisa	Spin Room
	12:00PM	Sculpt	Mary	Gym
	12:00PM	Yoga	Debra	Social Room
EVENING	4:30PM	CrossTrain	Nora	CrossFit
	5:30PM	Boxing	Bailey	Gym

WEDNESDAY

	Time	Class	Instructor	Location
MORNING	9:30AM	Gray Panthers	Bob	Gym
NOON	12:00PM	Open Gym		CrossFit
	12:00PM	Spin	Misty	Spin Room
	12:00PM	Sculpt	Mary	Gym
	12:00PM	Yoga	Francine	Social Room
EVENING	4:30PM	CrossTrain	Nora	CrossFit
	5:30PM	Boxing	Bailey	Gym

FRIDAY

	Time	Class	Instructor	Location
MORNING	9:30AM	Gray Panthers	Bob	Gym
NOON	12:00PM	Open Gym		CrossFit
	12:00PM	Spin	David	Spin Room
	12:00PM	Sculpt	Melissa	Gym
	12:00PM	Restorative Yoga	Mary	Social Room
EVENING	4:30PM	CrossTrain	Nora	CrossFit

TUESDAY

	Time	Class	Instructor	Location
NOON	12:00PM	Pilates	Sheri	Social Room
	12:00PM	Strength & Stretch Boot Camp	Nora	CrossFit
EVENING	5:30PM	TBF	Sharon	Gym

THURSDAY

	Time	Class	Instructor	Location
NOON	12:00PM	Yoga-Lates	Debra	Social Room
	12:00PM	Strength & Stretch Boot Camp	Nora	CrossFit
EVENING	5:30PM	TBF	Sharon	Gym

Room Color Key:

CrossFit Room

Pool

Gym

Social Room

Spin Room