



# GROUP EXERCISE SCHEDULE

## DOWNTOWN YMCA

UPDATED 2.18.20

### MONDAY

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

### WEDNESDAY

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

### FRIDAY

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

### TUESDAY

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

### THURSDAY

	Time	Class	Instructor	Location
<b>NOON</b>	12:00PM	Yoga-Lates	Debra	Social Room
	12:00PM	Strength & Stretch Boot Camp	Nora	CrossFit
<b>EVENING</b>	5:30PM	TBF	Brenda	Studio
	First, third, and fifth Thursday			

### Room Color Key:

CrossFit Room
Pool
Gym
Social Room
Spin Room