



SOUTH BRANCH LAND & WATER FITNESS CLASS SCHEDULE

WINTER 2020

BOLD- WATER CLASSES

ITALIC- UPSTAIRS

UNDERLINED- DOWNSTAIRS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><i>Cycle Sculpt- 530am</i></p> <p>Early Aqua Bootcamp- 6am</p> <p>Flip the Flab- 6am</p> <p>Gentle Aqua Stretch- 815am</p> <p><i>Ripped- 815am</i></p> <p><u>Senior Yoga Stretch- 815am</u></p> <p>Water Fit (deep)- 9am</p> <p>Water Works (shallow)- 915am</p> <p><i>Cardio Dance REFIT- 915am</i></p> <p><i>Cycle Sculpt- 1015am</i></p> <p><u>Senior Fit- 1020am</u></p> <p><i>Yoga Fit- 1115am</i></p> <p><i>Pump 30- 1210pm</i></p> <p><i>Cardio Dance REFIT- 530pm</i></p> <p><i>Evening Yoga- 530pm</i></p> <p><i>Functional Yoga- 645pm</i></p>	<p><u>Total Body Circuit (TRX)- 515am</u></p> <p><i>Barbell Strong- 530am</i></p> <p>Flip the Flab- 8am</p> <p><u>Cardio Dance REFIT- 835am</u></p> <p><i>Pilates- 840am</i></p> <p>Water Fit- 9am</p> <p><i>Cycle Sculpt- 930am</i></p> <p>Liquid Salsa- 945am</p> <p><u>SilverSneakers Classic- 11am</u></p> <p><i>Yoga Fit (Lunch fit)- 1210pm</i></p> <p>Hydrocise- 4pm</p> <p><i>Cardio Pump- 530pm</i></p> <p><i>Cycle Sculpt- 630pm</i></p>	<p><i>Cycle Sculpt- 530am</i></p> <p>Early Aqua Bootcamp- 6am</p> <p>Flip the Flab- 6am</p> <p>Gentle Aqua Stretch- 815am</p> <p><i>Ripped- 815am</i></p> <p><u>Senior Yoga Stretch- 815am</u></p> <p>Water Fit (deep)- 9am</p> <p>Water Works (shallow)- 915am</p> <p><i>Cardio Dance REFIT- 915am</i></p> <p><i>Cycle Sculpt- 1015am</i></p> <p><u>Senior Fit- 1020am</u></p> <p><i>Yoga Fit- 1115am</i></p> <p><i>Pump 30- 1210pm</i></p> <p><i>Cardio Dance REFIT- 530pm</i></p> <p><i>Evening Yoga- 530pm</i></p> <p><i>Ripped- 630pm</i></p> <p>Water Fit - 630pm</p> <p><i>Functional Yoga- 645pm</i></p>	<p><u>Total Body Circuit (TRX)- 515am</u></p> <p><i>Barbell Strong- 530am</i></p> <p>Flip the Flab-8am</p> <p><u>Cardio Dance REFIT- 835am</u></p> <p><i>Pilates- 840am</i></p> <p>Water Fit- 9am</p> <p><i>Cycle Sculpt- 930am</i></p> <p>Liquid Salsa- 945am</p> <p><u>SilverSneakers Classic- 11am</u></p> <p><i>Yoga Fit (Lunchfit)- 1210pm</i></p> <p>Hydrocise- 4pm</p> <p><i>Cardio Pump- 530pm</i></p> <p><i>Cycle Sculpt- 630pm</i></p>	<p>Early Aqua Bootcamp- 6am</p> <p>Flip the Flab- 6am</p> <p><i>Pump 30- 6am</i></p> <p>Gentle Aqua Stretch- 815am</p> <p><i>Ripped- 815am</i></p> <p>Water Fit (deep)- 9am</p> <p>Water Works (shallow)- 915am</p> <p><i>Yoga Fit- 920am</i></p> <p><i>Cycle Sculpt- 1015am</i></p> <p><u>Parkinson's Fitness- 1015am</u></p> <p><i>Pump 30- 1210pm</i></p>
				Saturdays
				<i>Ripped- 9am</i>

**NEW YEAR...
NEW YOU!**
Come to the YMCA to achieve your 2020 fitness goals! Classes are FREE for members!

Reservation cards are required for Barbell Strong, Cycle Sculpt, and Total Body Circuit (TRX). Cards are available up to 1 hour before class time. Cards are first come, first serve. Members can reserve 1 card at a time and must be present to reserve a card. No reserving cards for others. Non members must wait until class time to see if a spot is available. All fitness classes are FREE for members and \$7 per class for non members.





NORTH BRANCH LAND & WATER FITNESS CLASS SCHEDULE

WINTER 2020

BOLD- WATER CLASSES

ITALIC- UPSTAIRS

UNDERLINED- DOWNSTAIRS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	
<p><u>Cardio Pump- 545am</u> <u>Total Body Circuit (TRX)- 615am</u> Water Fit- 8am <i>Yin Yoga- 830am</i> Water Works- 9am Gentle Aqua Stretch- 10am <u>Senior Fit- 10am</u> <u>Cycle Route 66- 530pm</u> <i>Yoga Fit- 630pm</i> <u>R.I.P.P.E.D.- 645pm</u></p>	<p><i>Yoga/Pilates Combo- 830am</i> <u>Cycle Sculpt- 845am</u> Hydrocise- 9am Senior Aqua- 10am <u>Chair Yoga Stretch-10am</u> <u>SilverSneakers Classic- 1100am</u> <u>Pump- 545pm</u> <u>Cardio Dance REFIT- 615pm</u> <i>Evening Yoga- 530pm</i> <i>Functional Yoga- 645pm</i></p>	<p>Water Fit- 8am <i>Yin Yoga- 830am</i> Water Works- 9am Gentle Aqua Stretch- 10am <u>Senior Fit- 10am</u> <u>Cycle Route 66- 530pm</u> <u>Ab Attack- 6pm</u> <i>Yoga Fit- 630pm</i> <u>R.I.P.P.E.D.- 645pm</u></p>	<p><i>Yoga/Pilates Combo- 830am</i> <u>Cycle Sculpt- 845am</u> Hydrocise- 9am <u>Chair Yoga Stretch- 10am</u> Water Walking- 1030am <u>SilverSneakers Classic- 1100am</u> <u>Pump- 545pm</u> <u>Cardio Dance REFIT- 615pm</u> <i>Evening Yoga- 530pm</i> <i>Functional Yoga- 645pm</i></p>	<p><u>Cardio Pump- 545am</u> <u>Total Body Circuit (TRX)- 615am</u> Water Fit- 8am Water Works- 9am Functional Yoga- 9am Function Restore Yoga- 1015am</p>	
<p><i>"You can throw in the towel or use it to wipe the sweat off your face. The choice is yours."</i></p>  <p>Let group exercise at the YMCA help you achieve your fitness goals this year!!</p>		<p>Are you a SilverSneakers Member? Don't forget to stop by the desk and pick up our Active Older Adult Calendar!</p>			
<p><i>*Reservation cards are required for Total Body Circuit (TRX), Cycle Sculpt, and Cycle Route 66. Cards are available up to 1 hour before class time. Cards are first come, first serve. Members can reserve 1 card at a time and must be present to reserve a card. No reserving cards for others. Non members must wait until class time to see if a spot is available. All fitness classes are FREE for members and \$7 per class for non members.*</i></p>					