



CROZET YMCA

GROUP EXERCISE SCHEDULE

All classes listed on Group Class Schedule are included with a YMCA membership.

Multi-purpose Room = M Outside = O Pool = P

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:30-8:30a VINYASA YOGA (M) Cady			
9-10am HIP HOP (M) Marie M.	9-10a STRENGTH CIRCUIT (M) Denise H..	9-10a 30/30 (M) Marie M.	9-10a POWER CIRCUIT (M) Denise H.	9-10a HIP HOP (M) Marie M.	8:30-9:15a YMCA BOOT CAMP EXPRESS (M/O) Sam M.
9-10a WATER WORKS (P) Lenlee	9-10a AQUA-Blend(P) Various styles and instructors	9-10a WATER WORKS (P) Lenlee	9-10a WATER WORKS (P) Lenlee	9-10a WATER WORKS (P) (P) Jeri	9:30-10:30a ZUMBA (M) (M) Gina
10:15-11:00 LIVE LONGER, LIVE STRONGER Lenlee C.		10:15-11:15a LABLAST (M) Julie N.		10:15-11:15a LIFT LIGHT (M) Jeri E.	10:00 – 11:00pm WATER INTERVAL TRAINING (P) Leslie
				11:30-12:30 RESERVED	
2:30 - 6:00p Afterschool program (M)	2:30 - 6:00p Afterschool program (M)	2:30 - 6:00p Afterschool program (M)	2:30 - 6:00p Afterschool program (M)	2:30 - 6:00p Afterschool program (M)	
6:00-6:45p MIXED MARTIAL ARTS (register for program at Front Desk) (M)	6:15-7:15p ATHLETIC CONDITIONING (M/O) Jessica M.	6:00-7:00p KETTLEBELL CARDIO TRAINING (M) Marketa J.	6:00-7:00p MULTI-LEVEL YOGA (M) Marketa J.		
7:00-8:00p VINYASA YOGA (M) Cady	6:45 – 7:45pm WATER INTERVAL TRAINING (P) Kerry/May		6:45 – 7:45pm WATER INTERVAL TRAINING (P) Kerry / May		
			(temporarily on hold) 30-20-10 (M) Amanda		