



# GROUP EXERCISE SCHEDULE

**Don Sjogren Community YMCA May 1st - June 30th**

■ Cardio  
 ■ Water  
 ■ Low Impact  
 ■ Mind, Body  
 ■ Strength

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b>					
5:30 a.m.	<b>Cycling</b> Ben (60 min)	<b>Fit &amp; Flex</b> Bonnie (60 min)	<b>Cycling</b> Ben (60 min)	<b>Fit &amp; Flex</b> Bonnie (60 min)	<b>Cycling</b> Ben (60 min)
8:00 a.m.	<b>Chair Yoga</b> Marlene (45 min)	<b>Water Wake Up</b> Connie J (60 min)		<b>Water Wake Up</b> Connie J (60 min)	
8:15 a.m.	<b>Dance Fusion</b> Laurel (45 min)	<b>Fit 4 Life</b> Holly (45 min)	<b>Fit Camp</b> Angel (45 min)	<b>Instructors Choice</b> Laurel (45 min)	<b>Strength &amp; Stretch</b> Holly (45 min)
9:15 a.m.	<b>Sport</b> Laurel (45 min)	<b>Strength Builders</b> Holly (45 min)		<b>Rip</b> Laurel (45 min)	
10:00 a.m.	<b>Barre</b> Laurel (30 min)			<b>PiYo</b> Laurel (30 min)	
12:15 p.m.			<b>Butts &amp; Gutts</b> Angle (30 min)		<b>Butts &amp; Gutts</b> Angle (30 min)
<b>Evening</b>					
5:15 p.m.	<b>Ripped &amp; Chiseled</b> Steph (30 min)	<b>TRX</b> Steph (30 min)		<b>Cycling</b> Pat (30 min)	
5:30 p.m.	<b>Aqua Blast</b> Stephanie or Teresa (45 min)	<b>Aqua Blast</b> Tami (45 min)	<b>Aqua Blast</b> Teresa (45 min)	<b>Aqua Blast</b> Tami (45 min)	
5:45 p.m.	<b>HIIT</b> Steph (30 min)	<b>Insanity</b> Steph (30 min)		<b>TRX</b> Pat (30 min)	
6:30 p.m.	<b>Yoga</b> Annette (60 min)	<b>Gentle Yoga</b> Annette (60 min)	<b>Power Bounce</b> Angel (60 min)		

