



## HEALTH & FITNESS East YMCA Group Fitness Classes

### Winter 2019/2020 Intersession Schedule: Effective Monday, December 23 - Sunday, January 5

Drop-in classes are free for members. Ages 13+ unless otherwise noted. Classes run continually but are subject to change. Please see our online schedules at [ymcadane.org/schedules](http://ymcadane.org/schedules) or our YMCA Netpulse App for the most current schedule.

Monday 12/23			
5:30 - 6:30 am	BODYPUMP™	AR	Naomi
8:25 - 9:25 am	Step & Strength	AR	Bonnie
8:45 - 9:45 am	Group Cycling	GCS	Mike
9:30 - 10:30 am	Fit for Life Cardio	G	Tammy
9:35 - 10:35 am	BODYPUMP™	AR	Diana
11:00 - 12:00 pm	Gentle Yoga	AR	Alyssa
1:00 - 1:45 pm	Fit for Life Cardio	AR	Bonnie
4:30 - 5:20 pm	INSANITY®	AR	Megan
5:30 - 6:30 pm	BODYPUMP™	AR	Rebecca
5:30 - 6:15 pm	Group Cycling	GCS	Amanda
6:30 - 7:15 pm	TRX® Suspension Training	MPR	Amanda
7:00 - 7:45 pm	Aqua Zumba®	P	Josh/Mary
7:00 - 8:00 pm	Yoga Flow	AR	Alyssa

Tuesday, 12/24			
8:30 - 9:30 am	20-20-20	AR	Megan
9:45 - 10:45 am	Zumba®	AR	Faye

**Wednesday, 12/25**                      **CLOSED**

Thursday, 12/26			
9:45 - 10:45 am	WERQ®	AR	Mark
11:00 - 12:00 pm	BODYPUMP™	AR	Naomi
4:45 - 5:45 pm	BODYPUMP™	AR	Janelle

Friday, 12/27			
8:15 - 9:20 am	WERQ®	AR	Mark
8:45 - 9:45 am	Group Cycling	GCS	Mindy
4:30 - 5:30 pm	Boot Camp	AR	Julie

Saturday, 12/28			
7:00 - 8:00 am	BODYPUMP™	AR	Rebecca
8:10 - 9:10 am	Yoga Flow	AR	Jennifer
8:30 - 9:30 am	Group Cycling	GCS	Monica
9:20 - 10:05 am	Strength Fusion	AR	Diana
10:15 - 11:15 am	WERQ®	AR	Nicole
11:25 - 11:55 am	CXWORX™	AR	Diana

Sunday, 12/29			
9:15 - 10:15 am	INSANITY®	AR	Shelly
9:30 - 10:30 am	Group Cycling	GCS	Monica
10:30 - 11:30 am	Power Yoga	AR	Troy
2:30 - 3:30 pm	BODYPUMP™	AR	Poppy
4:45 - 6:00 pm	Gentle Yoga	S	Steve

Monday, 12/30			
5:30 - 6:30 am	BODYPUMP™	AR	Naomi
9:35 - 10:35 am	BODYPUMP™	AR	Brittini
11:00 - 12:00 pm	Gentle Yoga	AR	Alyssa
1:00 - 1:45 pm	Fit for Life Cardio	AR	Jan
4:30 - 5:20 pm	INSANITY®	AR	Megan
5:30 - 6:30 pm	BODYPUMP™	AR	Rebecca
5:30 - 6:15 pm	Group Cycling	GCS	Amanda
6:30 - 7:15 pm	TRX® Suspension Training	MPR	Amanda
7:00 - 7:45 pm	Aqua Zumba®	P	Josh/Mary
7:00 - 8:00 pm	Yoga Flow	AR	Alyssa

Tuesday, 12/31			
5:30 - 6:30 am	INSANITY®	AR	Scott
8:30 - 9:30 am	20-20-20	AR	Megan
9:45 - 10:45 am	Zumba®	AR	Emma
1:15 - 2:00 pm	Fit for Life Strength	AR	Jan

Wednesday, 1/1			
10:45 - 11:45 am	Gentle Yoga	AR	Annie
12:00 - 12:50 pm	P90X LIVE®	AR	Shelly
1:00 - 1:45 pm	Fit for Life Cardio	AR	Jan

Thursday, 1/2			
5:30 - 6:30 am	Group Cycling	GCS	Mackenzie
9:45 - 10:45 am	WERQ®	AR	Mark
11:00 - 11:45 am	BODYPUMP™	AR	Alison
11:50 - 12:20 pm	CXWORX™	AR	Alison
1:15 - 2:00 pm	Fit for Life Strength	AR	Bonnie
4:45 - 5:45 pm	BODYPUMP™	AR	Janelle

Friday, 1/3			
8:15 - 9:20 am	WERQ®	AR	Mark
4:30 - 5:30 pm	Boot Camp	AR	Diana

Saturday, 1/4			
7:00 - 8:00 am	BODYPUMP™	AR	Rebecca
8:10 - 9:10 am	Yoga Flow	AR	Alyssa
8:30 - 9:30 am	Group Cycling	GCS	Monica
9:20 - 10:05 am	Strength Fusion	AR	Diana
10:15 - 11:15 am	WERQ®	AR	Alison
11:25 - 11:55 am	CXWORX™	AR	Alison

Sunday, 1/5			
9:15 - 10:15 am	INSANITY®	AR	Shelly
9:30 - 10:30 am	Group Cycling	GCS	Monica
10:30 - 11:30 am	Power Yoga	AR	Troy
2:30 - 3:30 pm	BODYPUMP™	AR	Diana
4:45 - 6:00 pm	Gentle Yoga	S	Steve

AR - Activities Room   -   GCS - Cycle Studio   -   G - Gym   -   P - Pool   -   S - Studio   -   MPR - Multi Purpose Room