



SHERMAN LAKE YMCA Group Fitness Schedule**

Fall 2017

Effective October 16 - December 29

	MON	TUES	WED	THURS	FRI	SAT	
5:45 AM	SPINNING Betti			SPINNING Yvette			
6:15 AM		TOTAL BODY WORKOUT* Sue		TOTAL BODY WORKOUT* Sue			
7:15 AM						SPINNING Mike (60 Minutes)	
7:30 AM	(7:45 - 9) GENTLE YOGA Cathy	RIDE & ROLL* Colleen (50 Minutes)	(7:15 - 8:15) YOGA Sue	RIDE & ROLL* Sally (50 Minutes)	(7:45- 9) GENTLE YOGA Cathy		
8:00 AM	WATER AEROBICS Pam	GENTLE AQUA STRETCH Janice	WATER AEROBICS Margaret	GENTLE AQUA STRETCH Janice	WATER AEROBICS Linda	(8:15) WATER AEROBICS Sally	
8:00 AM	STRENGTH & STRETCH Deb G		STRENGTH & STRETCH Deb G			BODYCOMBAT* Rotation	
8:30 AM		REFIT Angie	PILATES Terri		REFIT Colleen	PILATES Terri	TRX Matt
8:45 AM	BODYCOMBAT* Mara/Jen		BODYCOMBAT* Mara/Jen		BODYCOMBAT* Mara/Jen	BODYFLOW* Rotation	
9:15 AM	GENTLE STRENGTH & STRETCH Sally	Y WEIGHTS (30 Minutes) Tesi	GENTLE STRENGTH & STRETCH Sally	Y WEIGHTS (30 Minutes) Tesi	GENTLE STRENGTH & STRETCH Cathy		
9:30 AM	BODYFLOW* Jessica		BODYFLOW* Jessica		BODYFLOW* Colleen		
10:00 AM		HIIT* Sarah (30 Minutes)				YOGAFIT Leah (60 minutes)	
5:15 PM	INTER/ADV PILATES Deb B.	(5 pm) YOGAFIT Leah (60 minutes)	INTER/ADV PILATES Deb B.		<p>Class schedule effective October 16 - December 29, 2017 All Classes are 45 minutes unless otherwise noted.</p> <p><i>Please note that scheduling changes do occasionally occur. We do our best to minimize those changes and inform you in advance, and we apologize for any inconvenience. To confirm the schedule, please call the Front Desk at 731-3032. Revised 10/09/17</i></p> <p>**This schedule, and daily updates, are available on the new SLYMCA app, available in both Apple and Google formats - download today!</p>		
5:15 PM	BARRE Megan	BODYCOMBAT* Julie	BARRE Megan	BODYCOMBAT* Julie			
6:00 PM		WATER AEROBICS Lisa		WATER AEROBICS Kathy			
6:00 PM	REFIT Colleen	BODYFLOW* Carley	REFIT Megan	BODYFLOW* Carley			
6:15 PM	INTRO TO PILATES Deb B.		INTERMEDIATE PILATES Deb B.				
6:30 PM		SPINNING Mike (60 Minutes)		SPIN, CORE & MORE* Sheila (60 Minutes)			

*New Classes

Classes highlighted in blue are part of our "Gentle" series meant for those just getting into fitness or specifically looking for low impact.

Please Note: Our instructors are trained in offering options in all classes so every class is open to anyone no matter their age/limitations.