

JOHN P. THAYER YMCA

October, November, December 2017



Group Fitness Studio

Group Exercise Schedule

Class descriptions on separate page

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 A.M.		BODYPUMP Erica		BODYPUMP Nadean		Saturday Instructors are Rotational
9:00	Classic Carmen <small>CARD</small>	Circuit Carmen <small>CARD</small>	BODYPUMP Robin	Classic Sonya <small>CARD</small>	Circuit Carmen <small>CARD</small>	BODYPUMP 9:00 <small>CARD</small>
10:00	pilates Sheryl	CARDIO30 CORE30 Katie	YOGA Mackenzie	Cardio Mix Georgia	pilates Katie	BODYCOMBAT 10:00
11:15	BODYPUMP Jeanette <small>CARD</small>	BODYCOMBAT Katie	BODYPUMP Hannah <small>CARD</small>	BODYCOMBAT Karen/Jillian	BODYPUMP Katie/Jillian <small>CARD</small>	YOGA 11:00
12:15 P.M.	SH'BAM™ Jeanette	ADVANCED YOGA Samira	pilates Jeanette	YOGA Kristi	SH'BAM™ Katie	
5:30	BODYCOMBAT Candice/Rachel	BODYPUMP Karen <small>CARD</small>	BODYCOMBAT Tiffany	BODYPUMP Tiffany <small>CARD</small>	<small>CARD</small> Card Logo: Retrieve card from front desk to attend class Cards are handed out 30 minutes prior to class.	
6:30	BODYPUMP Nadean <small>CARD</small>	SH'BAM™ Nadean	BODYPUMP Judy <small>CARD</small>	YOGA Lindsey	Family Friendly Class: Open to ages 10 + Ages 10-14 must be accompanied by an adult	

Cycling Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 A.M.	rpm Nadean <small>CARD</small>		rpm Bill <small>CARD</small>		rpm Erica <small>CARD</small>	
12 P.M.	rpm Bill <small>CARD</small>	rpm Cynthia <small>CARD</small>	rpm Bill <small>CARD</small>	rpm Mark <small>CARD</small>	rpm Karen <small>CARD</small>	rpm 10:00 <small>CARD</small>
5:45	rpm Karen <small>CARD</small>	rpm Mark <small>CARD</small>	rpm Nadean <small>CARD</small>	rpm Bill <small>CARD</small>	rpm Dwayne <small>CARD</small>	(1 hour class the 1st Sat of each month)
6:45	rpm Erica	rpm Annika		rpm Bill	EXPRESS	

Pool

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 A.M.	Aqua Fit senior edition Rita <small>CARD</small>		Aqua Fit senior edition Rita <small>CARD</small>			Aqua Fit 10:00 <small>CARD</small>
6 P.M.	Aqua Fit Carmen <small>CARD</small>		AQUA TABATA Sheri <small>CARD</small>	Aqua Fit Carmen <small>CARD</small>		United Way

Classes with consistently low attendance may be removed from the schedule.

Revised 09/22/2017