



PAV YMCA SPRING SESSION II GROUP EXERCISE SCHEDULE 04/13/26-06/07/2026

(Subject to change. Schedules available on our website pavymca.org or our DAXKO app.)

CLASSES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Silver Sneakers (55yrs+) <i>Classes are held in the Dance Studio.</i>	Indoor Cycling 8:00a-9:00a	S. Sneakers Classic 8:00a-9:00a	S. Sneakers Classic 8:00a-9:00a	S. Sneakers Classic 8:00a-9:00a	S. Sneakers Classic 8:00a-9:00a	S. Sneakers Classic 9:00a-10:00a	Water Arthritis (Pool) 7:15a-8:00a
Group Exercise (16yrs+) <i>Classes are held in the North Side of the Gym.</i>	Club Remix (Dance Studio) 9:30a-10:30a	Club Remix 8:30a-9:15a	S. Sneakers Chair Yoga 9:00a-10:00a	Club Remix 8:30a-9:15a	Club Remix 8:30a-9:15a		Interval Training 8:00a-9:00a
Water Exercise (55yrs+) <i>Classes are held in the pool.</i>		S. Sneakers Classic 9:00a-10:00a	Water Works (Pool) 9:00a-9:45a	S. Sneakers Classic 9:00a-10:00a	S. Sneakers Chair Yoga 9:00a-10:00a	Water Works (Pool) 9:00a-9:45a	Zumba (Dance Studio) 9:30a-10:30a
		Boot Camp 9:30a-10:30a	Cardio Blast 9:30a-10:30a	Water Works (Pool) 9:00a-9:45a	Water Works (Pool) 9:00a-9:45a		
				Boot Camp 9:30a-10:30a	Interval Training 9:30a-10:30a	Cardio Blast 9:30a-10:30a	
AFTERNOON PROGRAMS							
Wellness House <i>(Contact Wellness House for registration)</i>		Strength & Tone 6:00p-7:00p	Yoga (Dance Studio) 6:00p-7:00p	Wellness House Strength Class (Dance Studio) 5:00p-6:00p	LiveStrong 6:00p-7:15p		
LiveStrong <i>(classes are held in the Fitness Studio)</i>		Zumba (Dance Studio) 7:00p-8:00p	LiveStrong 6:00p-7:15p	Strength & Tone 6:00p-7:00p	Yoga (Dance Studio) 7:00p-8:00p		
				Zumba (Dance Studio) 7:00p-8:00p			

**PLEASE NOTE: There is a 15 minute window reserved before/after each class for equipment setup/breakdown.

GX class guest drop-in fee: \$7

Silver Sneakers class guest drop-in: \$6