



# Pav YMCA Fall Session II 2025 Group Exercise Schedule

10/27/25 - 12/21/25 (SUBJECT TO CHANGE)

| PROGRAMS                                   | SUNDAY                                              | MONDAY                                                                            | TUESDAY                                                             | WEDNESDAY                                                                         | THURSDAY                                                            | FRIDAY                                                           | SATURDAY                                        |
|--------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------|
| <b>MORNING PROGRAMS</b>                    |                                                     |                                                                                   |                                                                     |                                                                                   |                                                                     |                                                                  |                                                 |
| <b>Silver Sneakers Classics (55 yrs+)</b>  |                                                     | <b>Silver Sneakers Classic</b><br>8:00am-9:00am<br>9:00am-10:00am<br>Dance Studio | <b>Silver Sneakers Classic</b><br>8:00am-9:00am<br>Dance Studio     | <b>Silver Sneakers Classic</b><br>8:00am-9:00am<br>9:00am-10:00am<br>Dance Studio | <b>Silver Sneakers Classic</b><br>8:00am-9:00am<br>Dance Studio     | <b>Silver Sneakers Classic</b><br>9:00am-10:00am<br>Dance Studio |                                                 |
| <b>Silver Sneakers Chair Yoga (55yrs+)</b> |                                                     |                                                                                   | <b>Silver Sneakers Chair Yoga</b><br>9:00am-10:00am<br>Dance Studio |                                                                                   | <b>Silver Sneakers Chair Yoga</b><br>9:00am-10:00am<br>Dance Studio |                                                                  | <b>Water Arthritis</b><br>7:15am-8:00am<br>Pool |
| <b>Group Exercise Classes (16yrs+)</b>     |                                                     | <b>Club Remix</b><br>8:30am-9:15am<br>North Gym                                   |                                                                     | <b>Club Remix</b><br>8:30am-9:15am<br>North Gym                                   | <b>Club Remix</b><br>8:30am-9:15am<br>North Gym                     |                                                                  | <b>Boot Camp</b><br>8:00am-9:00am<br>North Gym  |
| <b>Water Exercise Classes</b>              | <b>Club Remix</b><br>9:30am-10:30am<br>Dance Studio | <b>Boot Camp</b><br>9:30am-10:30am<br>North Gym                                   | <b>Water Works</b><br>9:00am-9:45am<br>Pool                         | <b>Water Works</b><br>9:00am-9:45am<br>Pool                                       | <b>Water Works</b><br>9:00am-9:45am<br>Pool                         | <b>Water Works</b><br>9:00am-9:45am<br>Pool                      | <b>Zumba</b><br>9:30am-10:30am<br>Dance Studio  |
|                                            |                                                     |                                                                                   | <b>Cardio Blast</b><br>9:30am-10:30am<br>North Gym                  | <b>Boot Camp</b><br>9:30am-10:30am<br>North Gym                                   | <b>Interval Training</b><br>9:30am-10:30am<br>North Gym             | <b>Cardio Blast</b><br>9:30am-10:30am<br>North Gym               |                                                 |
| <b>EVENING PROGRAMS</b>                    |                                                     |                                                                                   |                                                                     |                                                                                   |                                                                     |                                                                  |                                                 |
| <b>Group Exercise Classes (16yrs+)</b>     |                                                     | <b>Strength &amp; Tone</b><br>6:00pm-7:00pm<br>North Gym                          |                                                                     | <b>Strength &amp; Tone</b><br>6:00pm-7:00pm<br>North Gym                          |                                                                     |                                                                  |                                                 |
| <b>Wellness House</b>                      |                                                     | <b>Yoga</b><br>6:00pm-7:00pm<br>Dance Studio                                      |                                                                     | <b>Wellness House Stretch Class</b><br>6:15pm-7:00pm<br>Dance Studio              | <b>Yoga</b><br>7:00pm-8:00pm<br>Dance Studio                        |                                                                  |                                                 |
|                                            |                                                     | <b>Zumba</b><br>7:00pm-8:00pm<br>Dance Studio                                     |                                                                     | <b>Zumba</b><br>7:00pm-8:00pm<br>Dance Studio                                     |                                                                     |                                                                  |                                                 |

Schedule is subject to change. Please visit our website [pavymca.org](http://pavymca.org) for further information.

\*Please note: There is a 15 minute window reserved before/after each class for equipment setup/breakdown.