GROUP EXERCISE SCHEDULE
(SUBJECT TO CHANGE)

Pav YMCA **SUMMER SESSION**
6/10/2024–8/18/2024

Group Exercise classes are free with membership!

GROUP EXERCISE CLASSES (16+ yrs):
Boot Camp
Cardio Blast
Club Remix
Indoor Cycling
Interval Training
Strength & Tone
Yoga
Zumba

GROUP EXERCISE CLASSES (55+ yrs):
Chair Yoga
Silver Sneakers

Water Arthritis (Pool)
Water Works (Pool)

GROUP EXERCISE RESTORATIVE HEALTH CLASSES* (ALL AGES):
LiveStrong @ the YMCA
(TBD; please contact Raj at ext. 320 or rwaller@pavymca.org for info)
Wellness House Stretching Through Cancer
*All ages need physician approval to join.

	SUN	MON	TUE	WED	THU	FRI	SAT
	Opens 8am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 7am
AM CLASSES							
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							Water Arthritis Pool 7:15–8a
7:30 AM							
7:45 AM							
8:00 AM	Indoor Cycling North Gym 8–9a	Silver Sneakers Dance Studio 8–8:50a	Silver Sneakers Dance Studio 8–8:50a	Silver Sneakers Dance Studio 8–8:50a	Silver Sneakers Dance Studio 8–8:50a		Boot Camp North Gym 8–9a
8:15 AM							
8:30 AM			Club Remix North Gym 8:30–9:15a		Club Remix North Gym 8:30–9:15a		
8:45 AM							
9:00 AM		Silver Sneakers Dance Studio 9–9:50a	Water Works Pool 9–9:45a	Water Works Pool 9–9:45a	Water Works Pool 9–9:45a	Water Works Pool 9–9:45a	
9:15 AM			Chair Yoga Dance Studio 9–10a	Silver Sneakers Dance Studio 9–9:50a	Chair Yoga Dance Studio 9–10a	Silver Sneakers Dance Studio 9–9:50a	
9:30 AM							Zumba Room A & B 9:30–10:30a
9:45 AM							
10:00 AM		Boot Camp North Gym 9:30–10:30a	Cardio Blast North Gym 9:30–10:30a	Boot Camp North Gym 9:30–10:30a	Interval Training North Gym 9:30–10:30a	Cardio Blast North Gym 9:30–10:30a	
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
PM CLASSES							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM		Strength & Tone North Gym 6–6:50p		Strength & Tone North Gym 6:15–7:15p			
6:15 PM							
6:30 PM				Wellness House Stretching Through Cancer Dance Studio 6:30–7:30p			
6:45 PM							
7:00 PM		Zumba Room A & B 7–8p	Zumba Dance Studio 7–8p		Yoga Dance Studio 7–8p		
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM							
	*CLOSES AT 2:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 2:45P