



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
- 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							
7:30 AM							Water Arthritis Pool 7:15-8a
7:45 AM							
8:00 AM							
8:15 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
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM		Silver Sneakers Dance Studio 9-9:50a	Water Works Pool 9-9:45a	Chair Yoga Dance Studio 9-10a	Water Works Pool 9-9:45a	Silver Sneakers Dance Studio 9-9:50a	
9:30 AM							
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	Zumba Room A & B 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