



# 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					
<b>AM CLASSES</b>												
6:00 AM												
6:15 AM												
6:30 AM												
6:45 AM												
7:00 AM												
7:15 AM												
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							
8:15 AM												
8:30 AM												
8:45 AM												
9:00 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	Water Works Pool 9-9:45a					
9:15 AM												
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						
10:15 AM												
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<b>PM CLASSES</b>												
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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	Zumba Room A & B 7-8p	Zumba Dance Studio 7-8p	Strength & Tone North Gym 6:15-7:15p	Wellness House Stretching Through Cancer Dance Studio 6:30-7:30p	Yoga Dance Studio 7-8p					
6:15 PM												
6:30 PM												
6:45 PM												
7:00 PM		Zumba Room A & B 7-8p										
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