

GROUP EXERCISE SCHEDULE

(SUBJECT TO CHANGE)

Pav YMCA

SPRING SESSION II: 4/14/2025-6/8/2025

*Facility will be closed on Easter (Sun, 4/20) & Memorial Day (Mon. 5/26)

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*:

LiveSTRONG at the YMCA (18+)

Next cohort: TBD (Please contact Raj at ext. 320 or rwaller@pavymca.org for info)

Wellness House Stretching Through Cancer (16+)

*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
			Δ	M CLASSES			
5:00 AM			^				
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							Makey Authoriti
7:30 AM							Water Arthritis
7:45 AM							7:15-8a
B;00 AM		Silver		Silver	Silver		Boot Comm
B:15 AM	Indoor Cycling North Gym 8-9a	Sneakers Dance Studio Remix	Silver Sneakers	Sneakers Dance Studio Remix	Sneakers Dance Studio Remix		Boot Camp North Gym 8-9a
B:30 AM			Dance Studio 8-8:50a				
8:45 AM			6-6;5Ua				
9;00 AM		8-8:50a North Gym 8:30-9:15a	Water Chair	Water North Gym 8:30-9:15a	North Gym	Water Silver	
9:15 AM		Sneakers	Works Yoga Dance	Works Silver	Water Chair Yoga	Works Sneakers	
9:30 AM		Dance Studio	Foot			Pool Dance	
9:45 AM	Club Remix	9-9:50a	9-9:45a 9-10a	9-9:45a Dance Studio 9-9:50a	Pool Studio 9-9:45a 9-10a	9-9:45a Studio 9-9:50a	Zumba
10:00 AM	Dance Studio 9:30-10:30a	Boot Camp	Cardio Blast		Interval Training	Cardio Blast	Dance Studio 9:30-10:30a
0:15 AM		North Gym 9:30-10:30a	North Gym 9:30-10:30a	North Gym 9:30-10:30a	North Gym 9:30-10:30a	North Gym	9;50-10;50a
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10:45 AM		1					
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I1:15 AM		1					
11;30 AM		1					
11:45 AM		1					
			D	M CLASSES			
4:00 PM			•	M CERSSES			
4:15 PM		1					
4:30 PM		1					
4:45 PM		1					
5:00 PM							
5;15 PM		1					
5:30 PM		1					
5:45 PM		1					
6:00 PM							
6:15 PM		Boot Camp	Yoga	Strength &			
6:30 PM		North Gym 6-6:50p	Dance Studio 6-7p	Tone Wellness			
6:45 PM	 			North Gym House Stretching			
7:00 PM				Cancer			
7:15 PM		Zumba Dance Studio 7-8p	Zumba	Dance Studio 6:30-7:30p	Yoga Dance Studio		
7:30 PM			Dance Studio 7–8p	0:50=7:50p	7-8p		
7:45 PM		7-ор					
8;00 PM							
B:15 PM		1					
B:30 PM		1					
3:45 PM	<u> </u>	 			 	 	
	*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 2:45