

GROUP EXERCISE SCHEDULE

(SUBJECT TO CHANGE)

Pav YMCA

FALL SESSION I 9/3/2024-10/27/2024

FALL SESSION II 10/28/2024-12/22/2024 **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 <u>Silver</u> Sneakers

Water Arthritis (Pool) Water Works (Pool) GROUP EXERCISE RESTORATIVE HEALTH CLASSES* (ALL AGES):

LiveStrong @ the YMCA (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	<i>p!</i> FRI	SAT
	Opens 8am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 7am
6:00 AM			A	M CLASSES			
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							Water Arthritis Pool
7:45 AM							7:15-8a
8:00 AM		Silver		Silver	Silver		David Court
8:15 AM	Indoor Cycling North Gym	Sneakers Dance	Silver Sneakers	Sneakers Dance	Sneakers Dance Studio Club		Boot Camp North Gym
8:30 AM			Dance Studio 8–8:50a				8-9a
8:45 AM	8-9a	Remix	8-8:5Ua	Remix	8-8:50a Remix		
9:00 AM		Silver North Gym 8:30–9:15a	Water Chair	Water North Gym 8:30-9:15a	8:30-9:15a	Water Silver	
9:15 AM		Sneakers	Works Yoga	Works Silver	Water Chair Yoga	Works Sneakers	Live-
9:30 AM		Dance Studio	9_9.45a Studio	Pool Sneakers 9-9:45a Dance	Dance	Pool Dance 9-9:45a Studio	Zumba Strong
9:45 AM		9-9:50a	9-10a	Studio 9-9:50a	9-9:45a Studio 9-10a	9-9:50a	Dance Wellness
10:00 AM		Boot Camp	Cardio Blast	Boot Camp	Interval Training	Cardio Blast	Studio Studio 9:30- 9:15-
10:15 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 9:30-10:30a	10:30a 10:30a
10:30 AM							
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5:45 PM							
6:00 PM	 	Strength & Tone	LiveStrong	Character 9	LiveStrong		
6:15 PM		North Gym 6-6:50p	Wellness Studio	Strength & Tone Wellness North Gym 6:15-7:15p Through	Wellness Studio 6-7:15p		
6:30 PM	1		6-7:15p				
6:45 PM 7:00 PM				6:15-7:15p Stretching Through Cancer			
7:00 PM 7:15 PM		Zumba	Zumba Dance Studio	Dance Studio 6:30-7:30p	Yoga		
7:15 PM 7:30 PM	-	Room A & B 7-8p		6:30-7:30p	Dance Studio 7-8p		
7:45 PM			7-8p		7-бр		
8:00 PM							
8:00 PM 8:15 PM	-	 					
8:30 PM		 					
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