



# GROUP EXERCISE SCHEDULE

(SUBJECT TO CHANGE)

## Pav YMCA

## **SUMMER SESSION: 6/9/2025-8/17/2025**

**\*Facility will be closed on Friday, 7/4 for Independence Day.**

*Group Exercise classes are free with membership!*

**\*Please note, Mon/Wed/Thurs Club Remix classes begin in July.**

## AM CLASSES

## 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						
6:15 PM	Strength & Tone North Gym 6-7p	Yoga Dance Studio 6-7p		Strength & Tone North Gym 6:15-7:15p	Wellness House Stretching Through Cancer Dance Studio 6:30-7:30p	
6:30 PM						
6:45 PM						
7:00 PM						
7:15 PM	Zumba Dance Studio 7-8p	Zumba Dance Studio 7-8p			Yoga Dance Studio 7-8p	
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 2:45P**