

NSYMCA GROUP EXERCISE SCHEDULE

Spring Session: April 2nd – June, 9 2019



MONDAY

AM			
5:30-6:00	GRIT® Cardio	Studio D	Kile
5:30-6:30	Zumba	ABC	Nikki
8:00-8:55	Interval Condt.	Gym	Gilda
NEW 8:30-9:15	BODYCOMBAT®	Studio D	Kile
9:00-9:55	Pilates Barre	Studio ABC	Amy A.
9:05-10:00	Cardio Splash	Pool	Marie
9:10-10:05	Cycle	Studio CS	Gilda
9:20-10:20	BODYPUMP®	Studio D	Sheldon
10:15-11:10	Basic Cardio Plus	Studio ABC	Amy C.
10:25-11:20	Taboga	Studio D	Myleen

Afternoon			
NEW 12:15-1:00	RPM®	Studio CS	Anna
PM			
NEW 4:30-5:15	BODYCOMBAT®	Gym	Megan V.
5:20-6:05	BODYPUMP® Xprs.	Studio D	Megan V.
6:00-7:00	Vinyasa III Yoga	Studio NE	Debbie M.
6:00-6:55	Cycle	Studio CS	Rob
6:10-7:05	TBC	Studio D	Amy C.

TUESDAY

AM			
5:15-6:15	BODYPUMP®	Studio D	Kile
5:30-6:30	Cycle	Studio CS	Terry
7:45-8:30	Cardio Splash	Pool	Karl
8:00-8:55	Step	Studio D	Amy
8:30-9:25	Balance 4 Walking	Gym	Karen B.
9:00-9:55	Cycle	Studio CS	Melissa
NEW 9:15-10:10	BODYCOMBAT®	Studio D	Megan V.
9:15-10:10	TRX® Circuit	Studio YFWC	Roman
9:15-10:30	Vinyasa I Yoga	Studio NE	Linda V.
10:15-11:00	Total Body Str.	Studio D	Megan V.
11:15-12:15	Chair Yoga	Studio ABC	Karen H.

Afternoon			
12:15-1:00	Interval Condt.	Gym	Dani
PM			
NEW 5:15-6:00	BODYPUMP® Xpr	Studio D	Anna
6:05-7:00	Zumba®	Studio D	Cam
NEW 6:10-6:55	RPM®	Studio CS	Anna
7:00-8:15	Hatha/Vinyasa I/II Yoga	Studio NE	Debbie B.

WEDNESDAY

AM			
NEW 5:30-6:15	BODYCOMBAT®	Studio D	Kile
5:30-6:30	Interval Condt.	Gym	Dawn
8:00-8:55	Strength & Balance	Gym	Anna
8:15-9:05	Latin Fusion	Studio ABC	Megan V.
8:35-9:05	GRIT® Strength	Studio D	Kile
9:05-10:10	Cardio Splash	Pool	Megan T.
NEW 9:15-10:10	RPM®	Studio CS	Megan V.
9:15-10:10	Barre Sculpt	Studio ABC	Kerry
9:15-10:15	BODYPUMP®	Studio D	Anna
10:15-11:10	Basic Cardio Plus	Studio ABC	Bridget

WEDNESDAY (continued)

Afternoon			
12:15-1:10	TRX® Circuit	Studio YFWC	Roman
1:00-2:15	Hatha Multi-Level Yoga	Studio NE	Suzanne
PM			
NEW 6:00-6:45	BODYPUMP® Xprs.	Studio D	Anne
NEW 6:50-7:35	BODYCOMBAT®	Studio D	Anne
7:00-8:15	Alignment Yoga	Studio NE	Marcia

THURSDAY

AM			
5:30-6:30	Cycle	Studio CS	Terry
5:30-6:30	Sunrise Yoga	Studio ABC	Debbie M.
8:00-8:55	Step & Strength	Studio D	Amy C.
8:45-10:00	Vinyasa II Yoga	Studio NE	Nancy
9:00-9:55	Cycle	Studio CS	Dev
9:10-9:55	Barre Strength	Studio ABC	Gilda
9:15-10:10	Turbokick®	Studio D	Megan V.
9:15-10:10	TRX® Circuit	Studio YFWC	Roman
10:10-11:05	ZUMBA® Gold	Studio NW	Ali M.
10:15-11:15	BODYPUMP®	Studio D	Megan V.

PM			
5:45-6:30	RPM®	Studio CS	Anna
6:00-6:55	Zumba®	Studio D	Dawn

FRIDAY

AM			
5:30-6:30	Fitness Xtreme	Gym	Kile
8:00-8:55	Interval Condt.	Studio D	Rhonda
8:00-9:15	Vinyasa II Yoga	Studio NE	Debbie M.
8:30-9:25	Balance 4 Walking	Gym	Karen B.
8:35-9:05	GRIT® Cardio	Studio ABC	Kile
9:00-9:55	Cycle	Studio CS	Melissa
9:05-10:10	Cardio Splash	Pool	Megan T.
9:15-10:10	Pilates Barre	Studio ABC	Amy A.
9:15-10:15	BODYPUMP®	Studio D	Kile
10:15-11:05	Basic Cardio Plus	Studio ABC	Anna
10:20-11:15	Str. & Balance	Studio D	Myleen

SATURDAY

AM			
7:00-8:00	Cycle	Studio CS	Terry
7:55-8:55	Zumba®	Studio D	Nikki
8:30-9:00	GRIT® Cardio	Studio ABC	Kile
8:45-10:00	Vinyasa II & III Yoga	Studio NE	Rachel
9:00-9:55	Interval Condt.	Gym	Dani
9:15-10:15	BODYPUMP®	Studio D	Kile
10:15-11:30	Gentle Yoga	Studio NE	Rachel
NEW 10:20-11:05	BODYCOMBAT®	Studio D	Kile

SUNDAY

AM			
NEW 8:30-9:15	RPM®	Studio CS	Jaclyn/Liz
NEW 8:30-9:00	GRIT Strength	Studio D	Anne
NEW 9:00-9:55	Barre Sculpt	Studio ABC	Liz G.
NEW 9:15-10:00	BODYCOMBAT®	Studio D	Anne
10:00-11:15	Hatha Multi Level Yoga	Studio NE	Suzanne
10:15-11:15	BODYPUMP®	Studio D	Anne

Classes and instructors are subject to change. Please see Group Exercise Schedule on www.nsymca.org or the mobile app for the most up to date information on class descriptions, subs, class changes, or room locations. Classes with less than 8 participants on average are subject to cancellation.

Questions about the schedule?

Please contact: Megan Vazquez, Sr. Director of Wellness at 847-272-7250 ext. 1217 or mvazquez@nsymca.org