

NSYMCA GROUP EXERCISE SCHEDULE

Summer Session: June 10th – August 11th

All summer schedule changes indicated in red



MONDAY

AM			
5:30-6:00	GRIT® Cardio	Studio D	Kile
5:30-6:30	Zumba	Studio AB	Nikki
8:00-8:55	Interval Condt.	Studio D	Gilda
8:30-9:15	RPM® (Cycle)	Studio CS	Megan V.
8:30-9:15	BODYCOMBAT®	Studio AB	Kile
9:20-10:10	Barre Sculpt	Studio AB	Gilda
9:20-10:05	BODYPUMP®	Studio D	Megan V.
	Xpress		
10:15-11:10	Basic Cardio Plus	Studio AB	Amy C.
10:25-11:20	Taboga	Studio D	Myleen
PM			
5:20-6:05	BODYPUMP® Xprs.	Studio D	Sarah
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
8:00-8:55	Step	Studio D	Amy
9:15-10:10	Cycle	Studio CS	Melissa
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 AB	Linda V.
10:15-11:00	Total Body Str.	Studio D	Megan V.
11:15-12:15	Chair Yoga	Studio AB	Karen H.
PM			
5:15-6:00	BODYPUMP® Xpr	Studio D	Anna
6:05-7:00	Zumba®	Studio D	Cam
6:10-6:55	RPM® (Cycle)	Studio CS	Anna
7:00-8:15	Hatha/Vinyasa I/II Yoga	Studio NE	Debbie B.

WEDNESDAY

AM			
5:30-6:15	GRIT Strength®	Studio D	Kile
5:30-6:30	Interval Condt.	Gym	Dawn
8:00-8:55	Strength & Balance	Studio D	Anna
8:15-9:00	Latin Fusion	Studio AB	Megan V.
9:15-10:00	RPM® (Cycle)	Studio CS	Megan V.
9:15-10:10	Barre Sculpt	Studio AB	Kerry
9:15-10:15	BODYPUMP®	Studio D	Anna
10:15-11:10	Basic Cardio Plus	Studio AB	Bridget
PM			
6:00-6:45	BODYPUMP® Xprs.	Studio D	Anne
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 AB	Liz G.
8:00-8:55	Step & Strength	Studio D	Amy C.
9:00-9:55	Cycle	Studio CS	Dev
9:10-10:00	Barre Sculpt	Studio AB	Gilda
9:15-10:10	Turbokick®	Studio D	Megan V.
9:15-10:10	TRX® Circuit	Studio YFWC	Roman
10:05-11:00	Zumba Gold	Studio AB	Ali M.
10:15-11:00	BODYPUMP®	Studio D	Megan V.
	Xpress		
PM			
5:45-6:30	RPM® (Cycle)	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
8:35-9:05	GRIT® Cardio	Studio AB	Kile
8:45-10:00	Vinyasa II Yoga	Studio NW	Liz G.
9:15-10:15	BODYPUMP®	Studio D	Kile
10:15-11:10	Basic Cardio Plus	Studio AB	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
10:20-11:05	BODYCOMBAT®	Studio D	Kile

SUNDAY

AM			
8:30-9:15	RPM® (Cycle)	Studio CS	Jaclyn/Liz
8:30-9:00	GRIT Strength	Studio D	Anne
9:00-9:55	Barre Sculpt	Studio AB	Liz G.
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