



January Class Schedule

This trial schedule will run January 2nd through the week of April 9th and will continue based on increased memberships.

Check out your YWCA!

- * Trial Schedule with over 15 new classes!
- * Extended PM Child Care hours!
- * 20% off 12-months of membership 1/1 – 1/31!
- * Invite a friend to activate a 4-day free visit pass!

MONDAY			
<i>(Classes with a * require a class pass for entry – get yours at the front desk!)</i>			
CLASS TIME	CLASS NAME	INSTRUCTOR	CLASS LOCATION
6am – 6:45am	*Spin	Shawn	Spin Room
8am – 8:45am	*Spin	Shawn	Spin Room
8am – 8:50am	H2O Dynamics Deep Water	Debbie	Pool
9am – 9:45am	Move and Groove	Shawn	MP Room
9am – 9:50am	H2O Dynamics Shallow Water	Drew	Pool
10am – 10:55am	Power Hour	Drew	Pool
10am – 10:55am	Pilates Fusion	Julianna	Studio
3:30pm – 5:50pm	Swim Lessons (Adults & Children)	Visit the website for details!	Pool
5:25pm – 6:10pm	*Spin	Jody	Spin Room
5:30pm – 5:45pm	Quick Stretch	Leah	Studio
5:30pm – 5:45pm	Quick Sculpt & Tone	Drew	MP Room
6pm – 6:30pm	*HIIT (High Intensity Interval Training)	Drew	MP Room
6pm – 6:55pm	*Vinyasa Yoga II/III	Leah	Studio
6:20pm – 7:05pm	*Spin	Jody	Spin Room
6:40pm – 7:10pm	*Cardio Fit	Anne	MP Room
7:15pm – 7:30pm	Quick Abs & Stretch	Anne	MP Room

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TUESDAY			
CLASS TIME	CLASS NAME	INSTRUCTOR	CLASS LOCATION
6am – 6:55am	Cardio Strength	Alex	MP Room
8am – 8:50am	Deep Water Fun & Fitness	Debbie	Pool
9am – 9:50am	Water Works (Arthritis Energizer with Cynthia returns in Feb!)	Julianna	Pool
9:15am – 10:10am	Deep Stretch	Jane	Studio
10:30am - 11:45am	*Align & Refine Yoga I/II	Debi	Studio
12pm – 12:45pm	Pyramid Plus <i>(Cardio & Strength work)</i>	Drew	MP Room
3:30pm – 6pm	Swim Lessons (Adults & Children)	Visit the website for details!	Pool
5:25pm – 6:10pm	*Spin	Shawn	Spin Room
6pm – 6:50pm	Aqua Boxing	Drew	MP Room
6pm – 6:55pm	*Yoga I	Hampton	Studio
6:20pm – 7:05pm	*Spin	Shawn	Spin Room

WEDNESDAY			
CLASS TIME	CLASS NAME	INSTRUCTOR	CLASS LOCATION
6am – 6:45am	Pilates	Shawn	Studio
8am – 8:45am	*Spin	Drew	Spin Room
8am – 8:50am	H2O Dynamics Deep Water	Debbie	Pool
9am – 9:45am	Move & Groove	Drew	MP Room
9am – 9:50am	H2O Dynamics Shallow Water	Debbie	Pool
10am – 10:55am	Power Hour	Shelley	Pool
10am – 10:55am	Pilates Fusion	Anne	Studio
12pm – 12:45pm	Tabata	Julianna	MP Room
3:30pm – 5:50pm	Swim Lessons (Adults & Children)	Visit the website for details!	Pool
5:25pm – 6:10pm	*Spin	Drew	Spin Room
5:30pm – 5:45pm	Quick Abs	Yael	Studio
5:30pm – 5:45pm	Quick Sculpt & Tone	Jody	MP Room
6pm – 6:30pm	*HIIT (High Intensity Interval Training)	Jody	MP Room
6pm – 6:55pm	*Vinyasa Yoga II/III	Yael	Studio
6pm – 6:45pm	Aqua Cardio	Shelley	Pool
6:20pm – 7:05pm	*Spin	Tony	Spin Room
6:35pm – 6:50pm	Quick Sculpt & Tone	Jody	MP Room
7pm – 7:30pm	*HIIT (High Intensity Interval Training)	Yael	MP Room
7:10pm – 7:25pm	Quick Abs	Tony	Studio

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THURSDAY			
CLASS TIME	CLASS NAME	INSTRUCTOR	CLASS LOCATION
8am – 8:50am	Deep Water Fun & Fitness	Debbie	Pool
9am – 9:55am	Aqua Yoga	Leslie	Pool
10:30am - 11:25am	*Yoga I/II	Leslie	Studio
12pm – 12:30pm	*Spin	Grace	Spin Room
12:35 – 12:50pm	Quick Tone & Stretch	Grace	Studio
3:30pm – 6pm	Swim Lessons (Adults & Children)	Visit the website for details!	Pool
5:25pm – 6:10pm	*Spin	Trinity	Spin Room
6pm – 6:55pm	*Yoga I	Mary Lou	Studio
6:20pm – 7:05pm	*Spin	Trinity	Spin Room
7pm – 7:30pm	*HIIT (High Intensity Interval Training)	Alex	MP Room
7:40 – 7:55pm	Quick Stretch & Meditation	Alex	Studio

FRIDAY			
CLASS TIME	CLASS NAME	INSTRUCTOR	CLASS LOCATION
8am – 8:45am	*Spin	Jody	Spin Room
9am – 9:45am	Move & Groove	Yael	MP Room
9:10am – 9:50am	H2O Dynamics Shallow Water	Shelley	Pool
10am – 10:55am	Power Hour	Shelley	Pool
10am – 10:55am	Pilates	Kay	Studio
10am – 10:45am	Occasional Pop-Up: Spin <i>(See weekly update to confirm!)</i>	Julianna	Spin Room

SATURDAY			
CLASS TIME	CLASS NAME	INSTRUCTOR	CLASS LOCATION
8am – 8:45am	*Spin	Drew	Spin Room
9am – 9:50am	Aqua Boxing	Drew	Pool
9am – 12pm	Swim Lessons (Adults & Children)	Visit the website for details!	Pool
10am – 11:20am	*Yoga I: Exploring the Details	Hampton	Studio

SUNDAY			
CLASS TIME	CLASS NAME	INSTRUCTOR	CLASS LOCATION
4pm – 4:55pm	Occasional Pop-Up: Deep Stretch <i>(See weekly update to confirm!)</i>	Jane	Studio