

YWCA March Class Schedule

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

	Spin Room	Pool	Multi-Purpose (MP)	Studio
MONDAY	* Spin (Shawn) 6 -6:45am			
	*Spin (Shawn) 8-8:45am	H2O Dynamics Deep Water 8-8:50am (Debbie)		
		H2O Dynamics Shallow Water 9-9:50am (Drew)	Move & Grove (Shawn) 9 -9:45am	
		Power Hour (Drew) 10 - 10:55am		Pilates Fusion (Julianna) 10 - 10:55am
		Swim Lessons Adults & Children 3:30-5:50pm Visit the website for details		
	*Spin (Jody) 5:25-6:10pm		Quick Sculpt & Tone 5:50-6:05pm (Drew)	Quick Stretch (Leah) 5:30-5:45pm
	*Spin (Jody) 6:20-7:05pm		*HIIT ¹ (Drew) 6:15-6:45pm	*Vinyasa Yoga II/III 6-6:55pm
		Quick Tai Chi (Drew) 6:55-7:10pm		
TUESDAY			Cardio Strength (Alex) 6-6:55am	
		Deep Water Fun & Fitness (Debbie) 8-8:50am		
		Arthritis Energizer (Cynthia) 9-9:50am	Core Ball (Jane) 9:15-10:10am	
				*Align & Refine Yoga I/II (Debbie) 10:30-11:45am
			Cardio Strength (Drew) 12-12:45pm	
		Swim Lessons Adults & Children 3:30-5:50pm Visit the website for details		
	*Spin (Shawn) 5:25-6:10pm			*Yoga I (Hampton) 6-6:55pm
	*Spin (Shawn) 6:20-7:05pm	Aqua Boxing (Drew) 6-6:50pm		

* Requires a class pass. Get yours at the front desk

¹High Intensity Interval Training

² See weekly update to confirm pop up.

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WEDNESDAY	Spin (Shawn) 6-6:30am			Quick Tone & Stretch (Shawn) 6:35-6:50am
	*Spin (Drew) 8-8:45am	H2O Dynamics Deep Water 8-8:50am (Debbie)		
		H2O Dynamics Shallow Water 9-9:50am (Debbie)	Move & Grove (Drew) 9-9:45am	Cardio Strength (Anne) 9:15 - 9:45am
		Power Hour (Shelley) 10-10:55am		Pilates Fusion (Shelley) 10-10:55am
			Tabata (Julianna) 12-12:45pm	
		Swim Lessons Adults & Children 3:30-5:50pm Visit the website for details	Quick Sculpt & Tone (Jody) 5:30-5:45pm	Quick Abs (Yael) 5:30-5:45pm
	*Spin (Drew) 5:25-6:10		*HIIT ¹ (Jody) 6-6:30pm	*Vinyasa Yoga II/III (Yael) 6-6:55pm
	*Spin (Tony) 6:20-7:05pm	Aqua Cardio (Shelley) 6-6:45pm	Quick Sculpt & Tone (Jody) 6:35-6:50pm	Quick Abs (Tony) 7:10-7:25pm
THURSDAY		Deep Water Fun & Fitness 8-8:50am (Debbie)		
		Aqua Yoga (Leslie) 9-9:55am		
				Yoga I/II (Leslie) 10:30-11:25
	*Spin (Grace) 12-12:30pm			Quick Tone & Stretch (Grace) 12:35-12:50pm
		Swim Lessons - Adults & Children 3:30-5:50pm Visit the website for details		
	*Spin (Trinity) 5:25-6:10			*Yoga I (Mary Lou) 6-6:55pm
	*Spin (Trinity) 6:20-7:05		*HIIT ¹ (Alex) 7-7:30pm	Quick Stretch & Meditation (Alex) 7:40-7:55pm

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FRIDAY	*Spin (Jody) 8-8:45am			
		H2O Dynamics Shallow Water 9:10-9:50am (Shelley)	Move & Grov (Yael) 9-9:45am	
	Spin ² (Julianna) 10-10:30am *starts 3/9	Power Hour (Shelley) 10-10:50am	*HIIT ¹ (Yael) 10 - 10:30am	Pilates (Kay) 10-10:55am
			Quick Abs (Yael) 10:35 - 10:50am	
SATURDAY	*Spin (Drew) 8-8:45am			
		Aqua Boxing 9-9:50am (Drew)		
		Swim Lessons Adults & Children 9am-12pm Visit the website for details		Yoga I: Exploring the Details (Hampton) 10-11:20am
SUNDAY	Spin Room	Pool	Multi-Purpose (MP)	Studio
	updated 3/5/18			4-4:55pm (Jane) Deep Stretch Pop Up ²

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