

## Group Ex classes 2024

MONDAY			
6-7am	FTC	Total Body HIIT	Mike
7.10-7.50am	A	Stretch	Susan
8-8.55am	A	Estercize/step mix interval	Ester
9:05-9:50AM	FTC	Box Mix for Stability	Ester
9-9.45 am	C	Cycle	George
9-9:55 am	A	Mobility Work	Robin
10-10:55 am	A	Easy Does It	Helena
11-11:55 am	A	Total Body HIIT	Marti
12-1pm	A	BODYPUMP	Marti
3-4PM	A	Yoga	Judy
5.20PM-6.05PM	A	Xpress BODYPUMP	Sanja
5.30PM-6PM	A	HIIT en espanol NUEVA!	Michelle
6.15-7.15PM	A	Pilates	Holly

TUESDAY			
6-6:45 am	C	Cycling	Alexandra
8-8:55 am	A	Estelatte	Ester
9-9:55 am	A	Step aerobics Interval mix	Robin
10-11am	A	Barre Blend	Ashleigh
11-11:50am	A	Senior Workout	Ester
12-1pm	A	Yoga	Jacqueline
2-2:45PM	A	Brain, Body and Balance	Ester
4-4.55PM Cardio	A	Low Impact Cardio, S,B,A	Ester
5.10-6.10PM	A	BODYPUMP	Kelly
5.30-6PM	FTC	HIIT	Jeff
6.15-7PM	A	Bootcamp	Mike
7.10-8PM	A	Yoga	Kim

WEDNESDAY			
6-7am	FTC	Total Body HIIT	Mike
7.10-7.50am	A	Stretch	Susan
8-8.55am	A	Estercize/step mix interval	Ester
9:05-9:50AM	FTC	Box Mix for Stability	Ester
9-9.45 am	C	Cycle	George
9-9:55 am	A	Mobility Work	Robin
10-10:55 am	A	Easy Does It	Helena
11-11:55 am	A	Total Body HIIT	Marti
12-1pm	A	BODYPUMP	Marti
3-4PM	A	Yoga	Judy

THURSDAY			
6-6:45 am	C	Cycling	Alexandra
8-8:55 am	A	Estelatte	Ester
9-9:55 am	A	Step aerobics Interval mix	Robin
10-11am	A	Barre Blend	Ashleigh
11-11:50am	A	Senior Workout	Ester
12-1pm	A	Yoga	Jacqueline
2-2:45PM	A	Brain, Body and Balance	Ester
4-4.55PM Cardio	A	Low Impact Cardio, S,B,A	Ester
5.10-6.10PM	A	<u>BODYPUMP</u>	Katie/Sanja
5.30-6PM	FTC	HIIT	Jeff
6.15-7PM	A	Bootcamp	Mike
7.10-8PM	A	Yoga	Kim

FRIDAY			
6-7am	FTC	Total Body HIIT	Mike
8-8.55	A	Strength & Core	Ester
9-9.55am	A	Yoga	Judy
9-9.45 am	C	Cycle	George
10-11am	A	Cardio Dance	Helena



SATURDAY			
8.15-9.10am	A	Step Aerobics Interval	Y staff
9-10am	C	Cycle	Y staff
10-11AM	A	Yoga	Maia

**A=Aerobic Studio C=Cycling Studio FTC= Functional Training Center**

**Any class with less than FIVE participants is subject to cancellation.  
Vote with your attendance!!!!**