

# GROUP EXERCISE SCHEDULE

updated 11.21.24



## QUEENAX Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	<b>Silver Sneakers</b> Stacy A 8-8:45am	<b>Silver Sneakers Classic</b> Stacy A 8-8:45am	<b>Metabolic Boost</b> Stacy A 8-8:45am	<b>Silver Sneakers Yoga</b> Carol 8-8:45am	<b>Block Therapy*</b> Carol 7:30-8:45 a.m.	
9:00 AM	<b>Chair Yoga</b> Linda 9-9:45am	<b>Silver Sneakers Yoga</b> Jody 9-9:45am		<b>Core and More</b> Elisa 9-9:45am		
10:00 AM		<b>Chair Yoga</b> Jody 10-10:45am				
10:30 AM				<b>Block Therapy*</b> Carol		
11:00 AM				10:15-11:30am		
11:30 AM						
12:00 PM		<b>Lunch WOD</b> Andrew 12-12:45pm				
5:00 PM	<b>HIIT</b> Joy 5-5:45pm					
6:00 PM	<b>Wall Pilates</b> Pam 6:15-7:15pm					

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**Block Therapy\* is a paid class registration required**

## Group Exercise Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		<b>Cardio Circuit</b> Stacy S 5:30-6:15am				
6:30 AM				<b>TriFit</b> 5:30-6:15 a.m. Lori		
7:00 AM						
8:00 AM	<b>Kickboxing Cardio</b> Stacy S 8-8:55am	<b>Pop Pilates</b> Joy 8-8:45am	<b>Total Body Fitness</b> Lori 8-8:55am	<b>Barre Fitness</b> Elisa 8-9am	<b>Strong Nation</b> Joy 8-8:45am	<b>Cardio Strength</b> Tammy 8-9am
9:00 AM	<b>Tabata</b> Stacy A 9-10am	<b>Totally Toned</b> Rebecca 9-9:55am	<b>TRX Circuit</b> Stacy A 9-10am	<b>Cardio Tone</b> Carol 9-10am	<b>Pop Pilates</b> Joy 9-10am	<b>Move Better</b> Tammy 9-10am
10:00 AM	<b>Yoga Slow Flow</b> Linda 10-11am	<b>20/15/10</b> Stacy A 10-10:45am	<b>Yoga Flow</b> Liva 10-11am	<b>CIRCL Mobility</b> Elisa 10-10:45am	<b>Yoga-Yin Flow</b> Carol 10-11am	
11:00 AM	<b>Tai Chi</b> Linda 11-11:45am	<b>Tai Chi</b> Linda 11-11:45am				
12:00 PM	<b>Group Cycling</b> Andrew 12-12:45pm		<b>Group Cycling</b> Andrew 12-12:45pm	<b>Yoga Slow Flow</b> Linda 12-1pm		
5:00 PM	<b>Body Sculpting</b> Lori 5-5:55pm	<b>Tai Chi</b> Linda 5-6pm	<b>Vinyasa Yoga</b> Carol 5-6pm	<b>Pop Pilates</b> Joy 5-6pm	<b>CIRCL Mobility</b> Elisa 5-6pm	
6:00 PM	<b>Strong Nation</b> Joy 6-6:55pm	<b>Hip Hop Spin</b> Angelica 6:35-7:20pm	<b>Barre Fitness</b> Elisa 6-7:00pm	<b>Spin Crew</b> Holly 6:35-7:20pm	<b>Zumba</b> Pam F 6:15-7pm	
7:00 PM	<b>Spin Crew</b> Holly 6:55-7:50pm		<b>Zumba</b> Elisa 7-7:45pm			

**Special Notes:**

**Group Cycling Classes Require Registration**

**Hip Hop Spin Class Requires Registration**

**Spin Crew Class Requires Registration**