

GROUP EX STUDIO LIVE CLASS SCHEDULE

Twin Lakes Family YMCA

Effective 10/1/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am BodyPump (60 min/Studio) Carley	8:30am Zumba (60 min/Studio) Jessica H	8:30am BodyPump (60 min/Studio) Carley	8:30am BodyPump (45 min/Studio) Katya	8:30am Zumba (60 min/Studio) Kelly	8:30am Athletic Training (45 min/Studio) Emily	
9:15am RPM (50min/Cycle) Jaime	8:30am YOGA (60min/SMB) Laura G	8:30am YOGA (60 min/SMB) Sharon Z	8:30am YOGA (60 min/SMB) Laura G	9:15am Cycle (45 min/Cycle) Marne		
9:40am BodyStep (60 min/Studio) Holly	9:30am BodyCombat (60 min/Studio) Amy	9:40am BodyStep (60 min/Studio) Linda	9:30am BodyCombat (60 min/Studio) Amy	9:30am Power Step (60 min/Studio) Holly	9:25am BodyStep (30min/Studio) Shanna	
	9:30am Chair Yoga (55 min/Gym) Pat	9:45am RPM (50 min/Cycle) Amy	9:30am Strength & Tone (55 min/Gym) Sharon Z	9:30am Chair Yoga (55 min/Gym) Pat		
				10:45am BodyPump (60 min/Studio) Carley/Shanna	10:05am BodyPump (60 min/Studio) Gissella	
				10:45am Silver Sneakers Circuit (60 min/Gym) Holly		
1:00pm Zumba Gold (60 min/Studio) Cindy	12:30pm Tai Chi (75 min/Studio) Tom	1:00pm Zumba Gold (60 min/Studio) Cindy	12:00pm Line Dance Beginner/Intermediate (120 min/Studio) Joan	12:00pm Line Dance Beginner (120 min/Studio) Joan		1:15pm BodyPump (60 min/Studio) Shanna
2:00pm Silver Sneakers Circuit (60 min/Studio) Holly		2:00pm Silver Sneakers Muscular Strength (60 min/Studio) Mary		2:00pm Silver Sneakers Muscular Strength (60 min/Studio) Mary		
4:30pm BodyPump (60 min/Studio) Gissella		4:30pm BodyPump (60 min/Studio) Gissella	4:30pm BodyPump (60 min/Studio) Jenn			
5:40pm Zumba (60 min/Studio) Gissella	5:45pm Zumba (60 min/Studio) Peggy	5:40pm BodyCombat (60 min/Studio) Gissella				
6:45pm BodyBalance (60 min/Studio) Gissella	6:00pm YOGA (60 min/SMB) Cindie S	6:45pm Zumba (60 min/Studio) Gissella				