



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Gleason Family YMCA

Group Exercise Schedule

Contact: Chris Koziol · Wellness Director
 508.295.9622 x19 ckoziol@ymcasouthcoast.org

Schedule Starting March 1, 2017

Group Exercise Room # 1

Highlighted classes require registration at the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:30AM Yoga Pam	7:15-8:15 Yoga Maureen	7:15-8:30AM Yoga Pam		7:45-8:45AM Yoga Maureen	7:40-8:40AM Pilates Cindy/Denise	
8:30-9:30AM AIS Deb	8:30-9:30AM Tabata Sculpt Tara		8:30-9:30AM Tabata Sculpt Alyson	9-10:00AM Liz's Latin Party	8:45-9:45AM Step Cindy/Laura Z	
9:30-10:30AM Cardio Kick Gail	9:35-10:35AM Zumba Cindy Hicks	9-10:00AM Kickboxing Liz	9:45-10:45 Pound Linda	10-11:00AM Cardio Sculpt Kerry	10-11:00AM NIA Karen	10-11:00 Pop Pilates Mac
10:45-11:45AM Power Pilates Holly	Fit 4 Life 11:00-12:00 Janet	11:00-12:00 Chair Yoga Pam	Fit 4 Life 11:00-12:00 Janet		11am-1pm Karate Dave	12:00-1:00 Family Zumba Laura
12:00-12:30PM X Press Lu		12:00-12:30PM X Press Lu		12:00-12:30PM X Press Lu	Karate Dave	
	2:00-3:00PM Chair Yoga Pam				Karate Dave	
4:00-5:00PM Sun Moon Yoga De	Afterschool Program 4-4:45pm	3:30-5:00PM Ashtanga De				
5:00-6:00PM Zumba Tone Beth	5:00-6:00PM Boot Camp Kerry	5:00-6:00PM Zumba Beth	4:45-5:45PM Sun Moon Yoga De	5:00-6:00 YMCA Sports Enhancement		
6:00-7:00PM Body Tone Cindy	6:00-7:00PM Pilates Cindy/Denise	6:00-7:00PM Cardio & More Cindy	6-7:30pm Karate Dave	6:00-7:00pm Sunset Hatha Sue		
7:15-8:15PM Zumba Marcia	7:15-8:15PM Zumba Natara					

Healthy Start Class-Tuesday Thursdays-9:30-10:30am 6:00-7:00pm-Meet at Wellness Desk with Richie



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Schedule Starting March 1, 2017

Group Exercise Room # 2

Highlighted classes require registration at the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35-6:35AM Cycle Rebecca	5:45-6:30AM BODYPUMP Suzan	5:45-6:45AM Cycle Bill	5:45-6:30 HIIT Squad Mac	5:45-6:45AM Cycle Bill		
8:15-9:15AM BODYPUMP Gail/Kim		8:15-9:15AM BODYPUMP Gail		8:30-9:30AM Tabata Sculpt Alyson	8:00-9:00AM Cycle Rebecca	9:00-10:00 Cycle MaryAnn
9:45-10:45AM Tabata Cycle Kerry	Tai Chi 37 9:00-9:30AM Marybeth	9:30-10:30AM Cycle Mary Ann	9:45-10:45AM Tabata Cycle Kim	9:45-10:45 GRX Linda	9:00-10:00 Turbo Kick Melissa	12:00-1pm Yoga Jon
11:00-12:00 Ageless Health Lu	Tai Chi Fundamentals 9:30-10:30AM	10:45-11:45AM Pilates Holly		11:00-12:00 Ageless Health Lu	10:00-11:00 Piloxing Mac	
12:00-1:00 Parkinson Recovery John	12:00-1:00 Cycle/weight Deb		12:00-1:00 Cycle/weight Deb			
4:00-5:00PM Boot Camp Kerry	Afterschool Program 4-4:30pm	4:30-5:00PM Core Kerry		4:30-5:00PM Core Melissa		
5:00-5:30PM Core Melissa	4:45-5:45PM Zen Cycle Pam	5:00-5:30PM Tabata/HIIT Kelley	5:15-6:15pm Power Pilates Denise/Cindy	5:00-6:00PM GRX Melissa		
5:45-6:45pm GRX Melissa	6:00-7:00PM Cycle Phil	5:45-6:45PM BODYPUMP Suzanne				
7:00-8:00pm Cycle Niki			6:30-7:30PM Yoga Pam			

Healthy Start Class-Tuesday Thursdays-9:30-10:30am 6:00-7:00pm-Meet at Wellness Desk with Richie