



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GLEASON FAMILY YMCA

ROOM #1 GROUP EXERCISE SCHEDULE

RESERVATIONS ARE REQUIRED ON YMCA UNIVERSAL APP
CLASSES ARE SUBJECT TO CHANGE
AS OF 9.12.24

MON	TUES	WED	THURS	FRI	SAT	SUN
7:15am Yoga Pam	7:15am Yoga Jo	7:15am Yoga Diane	7:15am Yoga Pam	5:30am Boot Camp Liz		
8:30am AIS Deb				7:15am Yoga Jo	8:30am Zumba Candy	
9:45am Ballroom Dance Debbie I.	9:00am Tai Chi Mary Beth			9:45am Line Dance Debbie I.	10:00am NIA Karen	
11:00am Ageless Health Lu	11:00am Healthy & Active Lena	11:00am Silver Strength Lena	11:00am Healthy & Active Lena	11:00am Ageless Health Lu		
12:00pm X-Press Lu	12:00pm Moxie Mobility Kathy	12:00pm X-Press Lu	12:00pm Moxie Mobility Kathy	12:00pm X-Press Lu		12:00pm Yoga Jon
3:55pm Pilates on Ball Jo	1:15pm Chair Yoga Pam	4:55pm Zumba Tone Beth	1:00pm Moxie Mobility Kathy			
4:55pm Latin Dance Liz P	5:00 pm BARRE Flow Marisa					
6:05pm Step & Sculpt Cindy J	6:00 pm Sun/Moon Yoga Diandra					

All classes held in the Group Exercise Studio #1