



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GLEASON FAMILY YMCA

ROOM #2 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
5:30AM Cycle n Shred Lena	5:30am Boot Camp Liz P		6:00am Cycle/Hustle Liz P	5:30AM Cycle Kim A.		
8:15am Body Pump Gail	8:15am Cycle Muscle Lena	8:15am Core & More Lena	8:15am Power Hour Lena	8:30am Cycle/Pilates Lena	8:00am Cycle Rebecca	8:00am Cycle Muscle Lena
9:30am Strength Conditioning Lena						
12:00pm Parkinson's Pam	12:00pm Cycle/Weight Deb	12:00pm Parkinson's Pam	12:00pm Cycle/Weight Deb	12:00pm Parkinson's Pam		
		5:30pm Cycle Strong Kim A.				
6:00pm Cycle Marese	5:30pm Cycle Buts/Guts Lena	6:00pm Body Conditioning Suzanne/Lena	5:00pm Tai Chi David			
			6:00pm Pilates Cindy J			

All classes held in the Group Exercise Studio unless noted.