





































# GROUP FITNESS CLASS SCHEDULE

## JUNE 2020

**YWCA**  
**IS ON A**  
**MISSION**

Strength  Cardio  Mind & Body  Dance 

M	T	W	T	F	S	Su
HIIT 5:45AM - 6:30AM Studio 3 	HIIT 30 minutes Virtual YouTube/ Email 	HIIT 5:45AM - 6:30AM Studio 3 	CY-YO 1 hour Virtual YouTube/ Email  	HIIT 5:45AM - 6:30AM Studio 3 	YOGA FLOW   Virtual YouTube/ Email	
	CYCLE 6:00AM - 6:45AM Studio 2 	DANCE THERAPY 8:00AM - 8:45AM Zoom 	CYCLE 6:00AM - 6:45AM Studio 2 	HIIT 30 minutes Virtual YouTube/ Email 		
ZUMBA 9:00AM - 9:45AM Studio 3 	Power Sculpt 9:00AM - 9:45AM Studio 3 	SCULPT 9:00AM - 9:45AM Studio 3 	Power Sculpt 9:00AM - 9:45AM Studio 3 	BARRE 9am – 10am Studio 3 	RUMBLE 9:00AM - 9:45AM Studio 3  	
PILATES MAT  Virtual YouTube/ Email	TAI-CHI 65   10:00AM - 11:00AM Zoom	SENIOR STRENGTH 10:00AM - 11:00AM Zoom 		SENIOR STRENGTH 10:00AM - 11:00AM Zoom 	CYCLE 9AM- 9:45AM Studio 2 	
YOGA GENTLE 11:00AM - 12:00PM Studio 3 		YOGA GENTLE 11:00AM - 12:00PM Studio 3 		YOGA GENTLE 11:00AM - 12:00PM Studio 3 		
SENIOR STRENGTH  Virtual YouTube/ Email		HIIT 30 minutes Virtual YouTube/ Email 				
YIN YOGA 5:30PM - 6:30PM Studio 2 	SCULPT 5:30PM - 6:30PM Studio 2 	ZUMBA   5:30PM - 6:30PM Studio 2	SCULPT 5:30PM - 6:30PM Studio 2 	YOGA FLOW 4:30PM - 5:30PM Studio 2 		

Classes and schedules are subject to change. Please check app for most up-to-date information.