



Y Alexandria Spring II 2019

Group Exercise Schedule 4/29/19-6/23/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:55am Cycle Manny	6:00-6:55am Body Sculpt Nancy Studio 1	5:45-6:15am H.I.I.T Falisa Studio 1	6:00-6:55am Cycle Nekea	6:00-6:55am Body Sculpt Nancy Studio 1	7:45-8:45 BodyPump™ Melanie Studio 1	9:15-10:15 Gentle Yoga Mimi Studio 2
6:00-6:55am Tabata Nekea Studio 1	7:00-7:45am TRX Natasha Fitness Floor	6:00-6:55am Sunrise Yoga Beth Studio 2	6:00-6:30 GRIT® Shanetta Studio 1	7:30-8:15am Bootcamp Becky Studio 1	8:00-8:55 Power Yoga Anne Studio 2	10:30-11:25am Power Vinyasa Mimi Studio 2
7:00-7:25am Morning Meditation Beth Studio 1	7:30-8:15am Bootcamp Becky Studio 1	6:30-7:00am Cycle Falisa	7:00-7:45 TRX Cindy Fitness Floor	8:05-8:50 Water Aerobics Shallow Natasha	9:00-9:55 Yoga Anne Studio 2	11:00-11:55am Cycle Manny/Ingrid
7:30-8:25am Intro to Yoga Beth Studio 2	8:30-9:25am SilverSneakers® Cardio Fit Nicole Studio 1	8:00-8:45am Water Aerobics Shallow Marsha	8:30-9:15am Cycle Leah Coach by Color®	8:30-9:25am SilverSneakers® Circuit Nicole Studio 1	9:00-9:45am Water Aerobics Cathy	11:45am-1:20pm Youth Ballet Studio 1
7:30-8:15am Bootcamp Becky Studio 1	8:30-9:15am Cycle Leah Coach by Color®	8:30-9:25am SilverSneakers® Classic Nicole Studio 1	8:30-9:25am SilverSneakers® Cardio fit Nicole Studio 1	9:00-9:45am Deep Water Aerobics Marsha	9:00-9:55am Cycle Nancy	
8:00-8:45am Water Aerobics Shallow Marsha	9:00-9:45am Aqua Zumba® Natasha	8:30-9:25am Pilates Jo-Ann Studio 2	9:30-10:25am Stability & Balance Kathy Studio 2	9:30-10:25am Yoga 1 Lynn/Mary Studio 2	9:00-9:55am Cardio Kickboxing Melizza Studio 1	
8:30-9:25 SilverSneakers® Nicole Studio 1	9:30-10:25am Yoga 1 Robin Studio 2	9:00-9:45am Deep Water Aerobics Marsha	9:30-10:25am Cardio Dance Pat Studio 1	9:30-10:25 Zumba® Nicole Studio 1	10:00-10:55am Cycle Ingrid	
9:00-9:45am Deep Water Aerobics Natasha	9:30-11am Step & Abs Jo-Ann Studio 1	9:30-10:25am Zumba Gold® Nicole Studio 2	10:00-10:55am Cycle Tracy	9:45-10:15am Express Cycle Sarah	10:15-11:00am Youth Cardio Dance Studio 2	
9:00-9:55 Stability & Balance Kathryn Studio 2	10:00-10:55am Cycle Sarah	9:30-10:30am BodyPump™ Robin Studio 1	10:30-11:25am Gentle Yoga Mimi Studio 2	10:30-11:25am Wall Yoga Lynn/Mary Studio 2	11:00am-12:00pm BodyPump™ Robin Studio 1	
9:30-10:25 Zumba® Nicole Studio 1	10:30-11:25 Yin Yoga Beth Studio 2	10:45-11:40 Yoga Marisha Studio 2	11:30-12:15 Gym Tot \$\$ Studio 2	10:30-11:30 BodyPump™ Nicole Studio 1		
10:00-11:30 Homeschool P.E. \$\$ Studio 2	11:30-12:15 Gym Tot \$\$ Studio 2	10:45-11:40 BodyStep™ Robin Studio 1		10:45-11:40 BodyStep™ Robin Studio 1		
10:00-10:55 Cycle Tracy						
10:30-11:30 BodyPump™ Nicole Studio 1						

Class Icon Key

- Cycle
- High Intensity
- Resistance
- Water Aerobics



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:30-1:25pm Tai Chi Randy Studio 1	1:00-1:55pm Tai Chi Jeff Studio 1	12:00-12:45pm Cycle Mary	1:30-2:25pm Tai Chi Jeff Studio 1	11:45-12:40 BodyStep™ Robin Studio 1	12:05-1:00pm Zumba@ Latoya/Melizza Studio 1	1:30-3:00p Shotokan Karate \$\$ Studio 1
4:00-4:45pm Youth Yoga (Ages 8-12) Studio 1	4:00-4:45pm Youth Fit (Ages 8-12)	12:30-1:25pm Tai Chi Randy Studio 1	4:00-4:45pm Youth Fit (Ages 8-12) Studio 2		1:30-3:00pm Shotokan Karate \$\$ Studio 1	2:00-3:00pm Ju Jitsu \$\$ Studio 2
5:30-6:15pm BP Express Robin Studio 1	5:45-6:25pm Belly Dance Latoya Studio 1	4:00-4:45pm Youth Cardio Dance (Ages 8-12) Studio 2	5:00-6:20pm Youth Ballet \$\$ Carmen/Denise Studio 1			4:30-5:25pm Cycle Nancy
6:45-7:30pm Pilates Mat Nekea Studio 2	6:00-7:00pm Youth Martial Arts \$\$ Studio 2	5:30-6:60pm BodyPump™ Anne Studio 1	6:30-7:30pm Deep Water Aerobics Cathy J			5:30-6:15pm Core Power Nancy Studio 1
6:30-7:30pm Cycle Megan	6:30-7:30pm Deep Water Aerobics Cathy J	5:15-7:15pm Youth Basketball \$\$ Studio 2	6:30-7:30pm Shallow Water Aerobics Kathy R			
6:30-7:30pm Step Barry Studio 1	6:30-7:30pm Shallow Water Aerobics Kathy R	6:00-6:50pm Cycle John	6:30-7:25pm Power Yoga Halle Studio 2 <i>*Ends June 13</i>			
7:35-8:30pm GRIT@ Shanedda Studio 1	6:30-7:30pm Cycle Melizza	6:35-7:30pm Zumba@ Essie Studio 1	6:30-7:30pm BodyPump™ Tamar Studio 1			
	6:30-7:30pm BodyPump™ Shanedda Studio 1	7:35-8:30pm Body Combat@ Shanedda Studio 1	7:30-8:25pm Gentle Yoga Renee Studio 2			
	7:00-7:55pm Vinyasa Yoga Dana Studio 2	7:35-8:30pm Barre Nekea Studio 2 <i>*Begins May 8</i>	7:35-8:30pm Zumba@ Latoya/Melizza Studio 1			
	7:35-8:30pm Zumba@ Latoya/Melizza Studio 1		8:30-9:30pm Ju Jitsu \$\$ Studio 2			
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