



YMCA Anthony Bowen Fall Group Exercise Schedule (September 3rd- October 27th)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GRIT CARDIO/PLYO <i>6:00-6:25am Melissa GEX Studio</i>	Boot Camp φ <i>6:00-6:55am Michael GEX Studio</i>	GRIT CARDIO/PLYO <i>6:00-6:25am Braegan GEX Studio</i>	Boot Camp <i>6:00-6:50am Liz W. GEX Studio</i>	Boot Camp φ <i>6:00-6:55am Michael GEX Studio</i>	Vinyasa Yoga φ <i>8:30-9:30am Laarni Carriage House I</i>	GRIT STRENGTH <i>9:00-9:25am Melissa GEX Studio</i>
GRIT STRENGTH <i>6:30-6:55am Melissa GEX Studio</i>		GRIT STRENGTH <i>6:30-6:55am Braegan GEX Studio</i>		Align & Flow Yoga <i>6:30 - 7:30am Ryan Carriage House II</i>	BODYPUMP <i>9:00-9:55am Melissa GEX Studio</i>	
Cycle & Core <i>6:30-7:30am Francella Cycle Studio</i>	Vinyasa Yoga <i>7:00-8:00am Genevieve Carriage House I</i>		Power Flow Yoga φ <i>6:30-7:30am Charles Carriage House I</i>	Coach By Color <i>6:30-7:30am Sari Cycle Studio</i>	Coach By Color <i>9:00-9:55am Michael Cycle Studio</i>	GRIT CARDIO/PLYO <i>9:30-9:55am Melissa GEX Studio</i>
	BODYPUMP <i>7:00-7:55am Sarah C GEX Studio</i>	Coach By Color <i>7:00-7:45am Anita Cycle Studio</i>	Coach By Color <i>7:00-7:55am Molly Cycle Studio</i>		Tabata φ <i>10:00 - 10:30am Michael GEX Studio</i>	Barre Above φ <i>10:00-10:55am Gi Gi Carriage House II</i>
HIIT Boxing <i>7:00-8:00am Harold GEX Studio</i>	Coach By Color <i>7:00-7:55am Francella Cycle Studio</i>		GRIT STRENGTH <i>7:00-7:30am Melissa GEX Studio</i>	HIIT Boxing <i>7:00-8:00am Harold GEX Studio</i>	Coach By Color <i>10:00 - 10:55am Hirsh Cycle Studio</i>	CXWORX <i>10:00-10:25am Melissa GEX Studio</i>
		TRX φ <i>9:00-9:45am Chris H. GEX Studio</i>	CXWORX <i>7:30-8:00am Melissa GEX Studio</i>		Power Yoga <i>10:00 - 10:55am Kristen Carriage House II</i>	<i>Freestyle Dance Fitness 10:00 - 10:50am Carriage House I</i>
		Pilates Reformer** <i>12:00 - 1:00pm Sarah H. Pilates Studio</i>		Stretch Recovery φ <i>10:30-11:30am Susan R. Carriage House II</i>	Align & Flow Yoga φ <i>10:30 - 11:45am Ryan Carriage House I</i>	Coach By Color <i>10:00-10:55am Hirsh/Spence Cycle Studio</i>
Yin Recovery φ <i>10:30-11:30a Lyn Carriage House II</i>					BODYPUMP <i>11:00-11:55am Shanedda GEX Studio</i>	BODYPUMP <i>11:00-11:55am Jam GEX Studio</i>
					Pilates Reformer** <i>11:45am- 12:45pm Sarah H. Pilates Studio</i>	Vinyasa Yoga <i>11:00-12:15pm Charles Carriage House II</i>
Boot Camp <i>12:00-1:00pm Mansur GEX Studio</i>	Barre Above φ <i>12:00-1:00pm Gi Gi Carriage House II</i>	Total Body Tone φ <i>12:00-1:00pm Susan R. Carriage House II</i>	Coach By Color <i>12:00-12:45pm Spence G. Cycle Studio</i>		GRIT CARDIO/PLYO <i>12:00-12:30pm Shanedda GEX Studio</i>	
Power Yoga <i>12:30-1:30pm Ryan Carriage House II</i>	Coach By Color <i>12:00-12:45pm Michael Cycle Studio</i>	HIIT Boxing φ <i>12:00-1:00pm Harold GEX Studio</i>	Pilates Mat <i>12:00 - 1:00pm Susan R. Carriage House II</i>	Power Yoga <i>12:00-1:00pm Staff Carriage House II</i>	GRIT STRENGTH <i>12:30-1:00pm Shanedda GEX Studio</i>	Iyengar Yoga Fundamentals <i>11:00-11:55am Kathy Carriage House I</i>
Kids Dancercise (Ages 5-12) <i>4:00-5:25pm Debbie GEX Studio</i>	TRX φ <i>12:00-1:00pm Chris H. GEX Studio</i>		Vinyasa <i>12:00-1:00pm Lyn Carriage House I</i>	Boot Camp <i>12:00-1:00pm Mansur GEX Studio</i>	Power Yoga <i>12:00 - 1:15pm Maicie Carriage House I</i>	
Absolute Abs <i>5:30-6:25pm Marsha Carriage House II</i>	Cardio Kicboxing <i>5:15-6:15pm Charissa GEX Studio</i>	ASA Fitness φ <i>5:30-6:25pm Isa Carriage House II</i>	Boxing Express <i>5:00-5:45pm Harold GEX Studio</i>			ASA Fitness φ <i>12:00-1:00pm Isa GEX Studio</i>
ZUMBA φ <i>5:30-6:25pm Maryjo GEX Studio</i>		GRIT STRENGTH <i>5:30-5:55pm Jennifer GEX Studio</i>				



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Align & Flow Yoga φ 5:45 - 6:45pm Ryan Carriage House I		GRIT CARDIO/PLYO 6:00-6:25pm Jennifer GEX Studio	Hatha Yoga 5:25-6:30pm Charissa Carriage House I		Aerial Yoga** 1:15 - 2:15pm Sarah H. GEX Studio	HIIT Boxing 1:15-2:15pm Harold GEX Studio
Coach By Color 6:00-7:00pm Susan L. Cycle Studio	Vinyasa Yoga 6:30-7:30pm Charles Carriage House I	Vinyasa Yoga φ 6:15-7:25pm Karen S. Carriage House I	Pilates Mat φ 5:30-6:25pm Susan R. Carriage House II	Latin Dance φ 5:30-6:25 Debbie GEX Studio	Gung Fu** 1:30 - 3:30pm Sifu Thomas Carriage House II	Pilates Reformer** 1:15pm-2:15pm Gina Pilates Studio
		Coach By Color 6:30-7:25pm Sari Cycle Studio	Electric Body Latin Dance φ 5:50-6:45pm GEX Studio		HIIT Boxing 2:30 - 3:30pm Harold GEX Studio	Aerial Yoga** 2:30 - 3:30pm Sarah H. GEX Studio
GRIT STRENGTH 6:30-6:55pm Sarah C. GEX Studio	Barre Above φ 6:30-7:25pm Gi Gi Carriage House II	BODYPUMP 6:30-7:25pm Jennifer GEX Studio	Coach By Color 6:30-7:15pm Jam Cycle Studio	BODYPUMP 6:30-7:30pm Sarah C. GEX Studio		
		Zumba φ 7:30 - 8:25pm Latoya GEX Studio	Stretch Recovery φ 6:35-7:35pm Susan R. Carriage House I	Restorative Yoga φ 6:30-7:30pm Andres Carriage House I		Tabata φ 4:00-4:30pm Michael GEX Studio
PiYo φ 6:30-7:20pm Gi Gi Carriage House II	BODYPUMP 6:30-7:25pm Jam GEX Studio	Vinyasa Yoga 7:30-8:45pm Mario Carriage House II	Electric Body Hip Hop φ 6:45-7:40pm GEX Studio	Soul Flow Yoga φ 7:30-8:30pm Charles Carriage House II		Coach By Color 4:30-5:15pm Michael Cycle Studio
GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio	FITENSITY 7:30-8:30pm Hirsh Courtyard/ GEX	Yoga: Breath & Meditation φ 7:30-8:30pm Chuck Carriage House I	Barre 6:45-7:45pm Lizzie Carriage House II			Restorative Yoga φ 5:00-6:00pm Chris M. Carriage House I
Coach By Color 7:15-8:15pm Spence G. Cycle Studio						Power Yoga 6:00-7:00pm Matt Carriage House II
Vinyasa 7:15-8:30pm Laarni Carriage House I			Tabata 7:45-8:30pm Michael GEX Studio	LEGEND		
BODYPUMP 7:30-8:25pm Matt GEX Studio		HIIT Boxing 8:30 - 9:30pm Harold GEX Studio	Pilates Reformer** 7:45 - 8:45m Sarah H. Pilates Studio			
				φ= All levels	Member Value	
**Registration Required						

For questions, comments, or concerns, please e-mail: Raven Joyner raven.joyner@ymcadc.org