



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA ARLINGTON

## Group Fitness Schedule: Fall I 2019

**Dates Effective:**  
Sept 3 - Oct 27

Offerings are modified periodically to address member feedback and participation levels and may change without notice or be modified during holidays.

MULTIPURPOSE ROOM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:05- 6:50 am Tabata Marshall		6:05- 6:50 am BODYPUMP@ Foster/Katie			
			8:00-8:55am Strength & Stretch Naomi		8:10-9:05am BODYPUMP@ Foster	
9:00-9:55am C <sup>3</sup> Jerod	9:00-9:55am Step Kim	9:00-9:55am Circuit Marshall	9:00-9:55am Cardio Dance Naomi	9:00-9:55am Step Kim/JoAnn	9:15-10:10am Controlled Impact Naomi	9:15-10:10am Step Naomi
10:00-10:55am Muscle Fitness Jerod	10:00-10:55am Strength & Stretch Nancy ADVANCED SIGN UP REQUIRED	10:00-10:55am Muscle Fitness Jerod	10:00-10:55am Strength & Stretch Nancy ADVANCED SIGN UP REQUIRED	10:00-10:55am Stretch Jerod	10:15-11:10am Gentle Yoga Mary	10:15-11:10am Muscle Fitness Naomi
11:00-11:55am Tai Chi Chuan & Qi Gong Jeff	11:00-11:55am Senior Fun & Fitness Nancy	11:00-11:55am Stretch Marshall	11:00-11:55am Senior Fun & Fitness Nancy	11:00-11:55am Yoga Jerod	11:15-12:10pm Family Zumba Rose	11:15-12:10pm Yoga Level 2 Miriam/Jill
12:00- 12:55pm Senior Yoga Jill will start Sep 23rd	12:00-1:00pm Stroke Survivor Fitness Nancy (\$)	12:00-12:55pm Yoga Almaz	12:00-12:55pm Tai Chi Chuan & Qi Gong Jeff		3:00-5:00pm JuJitsu Mat Practice (\$)	
4:00-6:00pm Room reserved for youth development	4:00-6:00pm Room reserved for youth development	4:00-6:00pm Room reserved for youth development	4:00-6:00pm Room reserved for youth development	8:00-9:00pm Karate (\$)		
6:00-6:55pm Zumba@ April	6:00-7:00pm Pilates June	6:00-6:55pm Zumba@ Rose	6:00-6:55pm Muscle Fitness Marshall	<p>To be placed on email list and receive notifications regarding class cancellations, send an email request to <a href="mailto:brian.whitaker@ymcadc.org">brian.whitaker@ymcadc.org</a></p> <p>To get real-time updates regarding the Group Fitness Schedule, go online at: <a href="https://www.grouplexpro.com/schedule/321/">https://www.grouplexpro.com/schedule/321/</a></p> <p>To view a facility calendar regarding upcoming Facility and Program events, go online at: <a href="https://www.grouplexpro.com/public/321/">https://www.grouplexpro.com/public/321/</a></p> <p>HIGHLIGHTED: NEW or CHANGED</p>		
7:00-8:25pm Karate (\$)	7:00-7:55pm BODYPUMP@ Lindsey	7:00-7:55pm INSANITY Mike	7:00-7:55pm Pilates Jill			
	8:00-9:30pm JuJitsu (\$)	8:00-8:55pm Gentle Yoga Almaz	8:00-9:30pm JuJitsu (\$)			

LOFT and POOL						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am Cycle Kelly		6:00-6:45am Cycle Melanie		6:00-6:45am Cycle Kelly		
6:30-7:15pm Core Fitness Training Marshall			9:00 -9:55am Cycle Brian		9:15-10:10am Cycle Eileen	
7:15-8:10pm Gentle Yoga Camilla (SACC Room)	6:00-6:55pm Aqua Zumba Steven Until the end of Sep	7:00-8:30pm Karate (\$) Raquetball Courts			12:30-1:25pm Aqua Zumba Steven Until the end of Sep	

