



# YMCA Anthony Bowen Fall II Group Exercise Schedule (October 28th- December 22nd)

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GRIT CARDIO/PLYO</b> <i>6:00-6:25am</i> Melissa GEX Studio	<b>Boot Camp φ</b> <i>6:00-6:55am</i> Michael GEX Studio	<b>GRIT CARDIO/PLYO</b> <i>6:00-6:25am</i> Braegan GEX Studio	<b>Boot Camp</b> <i>6:00-6:50am</i> Liz W. GEX Studio	<b>Boot Camp φ</b> <i>6:00-6:55am</i> Michael GEX Studio	<b>Vinyasa Yoga φ</b> <i>8:30-9:30am</i> Laarni Carriage House I	<b>GRIT STRENGTH</b> <i>9:00-9:25am</i> Melissa GEX Studio
<b>GRIT STRENGTH</b> <i>6:30-6:55am</i> Melissa GEX Studio		<b>GRIT STRENGTH</b> <i>6:30-6:55am</i> Braegan GEX Studio		<b>Align &amp; Flow Yoga</b> <i>6:30 - 7:30am</i> Ryan Carriage House II	<b>BODYPUMP</b> <i>9:00-9:55am</i> Melissa GEX Studio	
<b>Cycle &amp; Core</b> <i>6:30-7:30am</i> Francella Cycle Studio	<b>Vinyasa Yoga</b> <i>7:00-8:00am</i> Genevieve Carriage House I		<b>Power Yoga φ</b> <i>6:30-7:30am</i> Charles Carriage House I	<b>Coach By Color</b> <i>6:30-7:30am</i> Sari Cycle Studio	<b>Coach By Color</b> <i>9:00-9:55am</i> Michael Cycle Studio	<b>GRIT CARDIO/PLYO</b> <i>9:30-9:55am</i> Melissa GEX Studio
	<b>BODYPUMP</b> <i>7:00-7:55am</i> Sarah C GEX Studio	<b>Coach By Color</b> <i>7:00-7:45am</i> Anita Cycle Studio	<b>Coach By Color</b> <i>7:00-7:55am</i> Molly Cycle Studio		<b>Tabata φ</b> <i>10:00 - 10:30am</i> Michael GEX Studio	<b>Barre Above φ</b> <i>10:00-10:55am</i> Gi Gi Carriage House II
<b>HIIT Boxing</b> <i>7:00-8:00am</i> Harold GEX Studio	<b>Coach By Color</b> <i>7:00-7:55am</i> Francella Cycle Studio		<b>GRIT STRENGTH</b> <i>7:00-7:30am</i> Melissa GEX Studio	<b>HIIT Boxing</b> <i>7:00-8:00am</i> Harold GEX Studio	<b>Coach By Color</b> <i>10:00 - 10:55am</i> Hirsh Cycle Studio	<b>CXWORX</b> <i>10:00-10:25am</i> Melissa GEX Studio
		<b>TRX φ</b> <i>9:00-9:45am</i> Chris H. GEX Studio	<b>CXWORX</b> <i>7:30-8:00am</i> Melissa GEX Studio		<b>Power Yoga</b> <i>10:00 - 10:55am</i> Kristen Carriage House II	
		<b>Pilates Reformer**</b> <i>12:00 - 1:00pm</i> Sarah H. Pilates Studio		<b>Stretch Recovery φ</b> <i>10:30-11:30am</i> Susan R. Carriage House II	<b>Align &amp; Flow Yoga φ</b> <i>10:30 - 11:45am</i> Ryan Carriage House I	<b>Coach By Color</b> <i>10:00-10:55am</i> Hirsh/Spence Cycle Studio
<b>Yin Recovery φ</b> <i>10:30-11:30a</i> Lyn Carriage House II					<b>BODYPUMP</b> <i>11:00-11:55am</i> Shanedda GEX Studio	<b>BODYPUMP</b> <i>11:00-11:55am</i> Jam GEX Studio
					<b>Freestyle Latin Mix φ</b> <i>11:00-11:50am</i> Gabriel Carriage House II	<b>Vinyasa Yoga</b> <i>11:00-12:15pm</i> Charles Carriage House II
<b>Boot Camp</b> <i>12:00-1:00pm</i> Mansur GEX Studio	<b>Barre Above φ</b> <i>12:00-1:00pm</i> Gi Gi Carriage House II	<b>Total Body Tone φ</b> <i>12:00-1:00pm</i> Susan R. Carriage House II	<b>Coach By Color</b> <i>12:00-12:45pm</i> Spence G. Cycle Studio		<b>Pilates Reformer**</b> <i>11:45am- 12:45pm</i> Sarah H. Pilates Studio	
<b>Power Yoga</b> <i>12:30-1:30pm</i> Ryan Carriage House II	<b>Coach By Color</b> <i>12:00-12:45pm</i> Michael Cycle Studio	<b>HIIT Boxing φ</b> <i>12:00-1:00pm</i> Harold GEX Studio	<b>Pilates Mat</b> <i>12:00 - 1:00pm</i> Susan R. Carriage House II	<b>Power Yoga</b> <i>12:00-1:00pm</i> Charles Carriage House II	<b>GRIT CARDIO/PLYO</b> <i>12:00-12:30pm</i> Shanedda GEX Studio	<b>Iyengar Yoga Fundamentals</b> <i>11:00-11:55am</i> Kathy Carriage House I
	<b>TRX φ</b> <i>12:00-1:00pm</i> Chris H. GEX Studio		<b>Vinyasa</b> <i>12:00-1:00pm</i> Lyn Carriage House I	<b>Boot Camp</b> <i>12:00-1:00pm</i> Mansur GEX Studio	<b>Power Yoga</b> <i>12:00 - 1:15pm</i> Maicie Carriage House I	
<b>Absolute Abs</b> <i>5:30-6:25pm</i> Marsha Carriage House II	<b>Cardio Kicboxing</b> <i>5:15-6:15pm</i> Charissa GEX Studio	<b>ASAI Fitness φ</b> <i>5:30-6:25pm</i> Isa Carriage House II	<b>Boxing Express</b> <i>5:00-5:40pm</i> Harold GEX Studio		<b>GRIT STRENGTH</b> <i>12:30-1:00pm</i> Shanedda GEX Studio	<b>ASAI Fitness φ</b> <i>12:00-1:00pm</i> Isa GEX Studio
<b>ZUMBA φ</b> <i>5:30-6:25pm</i> Maryjo GEX Studio		<b>GRIT STRENGTH</b> <i>5:30-5:55pm</i> Jennifer GEX Studio				



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<b>Align &amp; Flow Yoga</b> φ 5:45 - 6:45pm Ryan Carriage House I		<b>GRIT CARDIO/PLYO</b> 6:00-6:25pm Jennifer GEX Studio	<b>Hatha Yoga</b> 5:25-6:30pm Charissa Carriage House I		<b>Aerial Yoga**</b> 1:15 - 2:15pm Sarah H. GEX Studio	<b>HIIT Boxing</b> 1:15-2:15pm Harold GEX Studio
<b>Coach By Color</b> 6:00-7:00pm Susan L. Cycle Studio	<b>Vinyasa Yoga</b> 6:30-7:30pm Charles Carriage House I	<b>Vinyasa Yoga φ</b> 6:15-7:25pm Karen S. Carriage House I		<b>Latin Dance φ</b> 5:30-6:25 Debbie GEX Studio	<b>Gung Fu**</b> 1:30 - 3:30pm Sifu Thomas Carriage House II	<b>Pilates Reformer**</b> 1:15pm-2:15pm Gina Pilates Studio
		<b>Coach By Color</b> 6:30-7:25pm Sari Cycle Studio	<b>Freestyle Dance Fitness φ</b> 5:45-6:35pm Gabriel GEX Studio		<b>HIIT Boxing</b> 2:30 - 3:30pm Harold GEX Studio	<b>Aerial Yoga**</b> 2:30 - 3:30pm Sarah H. GEX Studio
<b>GRIT STRENGTH</b> 6:30-6:55pm Sarah C. GEX Studio	<b>Barre Above φ</b> 6:30-7:25pm Gi Gi Carriage House II	<b>BODYPUMP</b> 6:30-7:25pm Jennifer GEX Studio	<b>Coach By Color</b> 6:30-7:15pm Matt Cycle Studio	<b>BODYPUMP</b> 6:30-7:30pm Sarah C. GEX Studio		
		<b>Pilates Mat φ</b> 6:30-7:25pm Abby Carriage House II	<b>Align &amp; Flow φ</b> 6:35-7:35pm Vince Carriage House I	<b>Restorative Yoga φ</b> 6:30-7:30pm Andres Carriage House I		<b>Tabata φ</b> 4:00-4:30pm Michael GEX Studio
<b>PIYo φ</b> 6:30-7:20pm Gi Gi Carriage House II	<b>BODYPUMP</b> 6:30-7:25pm Anna GEX Studio			<b>Soul Flow Yoga φ</b> 7:30-8:30pm Charles Carriage House II		<b>Coach By Color</b> 4:30-5:15pm Michael Cycle Studio
<b>GRIT CARDIO/PLYO</b> 7:00-7:25pm Sarah C. GEX Studio	<b>FITENSITY</b> 7:30-8:30pm Hirsh GEX		<b>Barre</b> 6:45-7:45pm Lizzie Carriage House II			<b>Restorative Yoga φ</b> 5:00-6:00pm Chris M. Carriage House I
<b>Coach By Color</b> 7:15-8:15pm Spence G. Cycle Studio		<b>Vinyasa Yoga</b> 7:30-8:45pm Mario Carriage House II	<b>Aerial Yoga**</b> 6:40-7:40pm Sarah H. GEX Studio			<b>Power Yoga</b> 6:00-7:00pm Matt Carriage House II
<b>Vinyasa</b> 7:15-8:30pm Laarni Carriage House I		<b>Yoga: Breath &amp;</b> 7:30-8:30pm Chuck Carriage House I	<b>Tabata</b> 7:45-8:30pm Michael GEX Studio	<b>LEGEND</b>		
<b>BODYPUMP</b> 7:30-8:25pm Matt GEX Studio		<b>HIIT Boxing</b> 8:30 - 9:30pm Harold GEX Studio	<b>Pilates Reformer**</b> 7:45 - 8:45m Sarah H. Pilates Studio	<b>**Fee-Based Classes</b>	<b>Youth Development Program</b>	
				<b>φ= All levels</b>	<b>Member Value</b>	
				<b>**Registration Required</b>		

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