

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

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

NACE						FOR SOCIAL RESPONSIBILITY
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GRIT CARDIO/PLYO	Boot Camp φ	GRIT CARDIO/PLYO	Boot Camp	Boot Camp φ	Vinyasa Yoga 👳	GRIT STRENGTH
6:00-6:25am	6:00-6:55am	6:00-6:25am	6:00-6:50am	6:00-6:55am	8:30-9:30am	9:00-9:25am
Melissa	Michael	Braegan	Liz W.	Michael	Laarni	Melissa
GEX Studio	GEX Studio	GEX Studio	GEX Studio	GEX Studio	Carriage House I	GEX Studio
GRIT STRENGTH		GRIT STRENGTH		Align & Flow Yoga	BODYPUMP	
6:30-6:55am		6:30-6:55am		6:30 - 7:30am	9:00-9:55am	
Melissa GEX Studio		Braegan GEX Studio		Ryan Carriage House II	Melissa GEX Studio	
		OLA Studio				
Cycle & Core	Vinyasa Yoga		Power Yoga φ	Coach By Color	Coach By Color	GRIT CARDIO/PLYO
6:30-7:30am	7:00-8:00am		6:30-7:30am	6:30-7:30am	9:00-9:55am	9:30-9:55am
Francella Cycle Studio	<i>Genevieve Carriage House I</i>		Charles Carriage House I	Sari Cycle Studio	Michael Cycle Studio	Melissa GEX Studio
	BODYPUMP	Coach By Color	Coach By Color		Tabata φ	Barre Above φ
	7:00-7:55am	7:00-7:45am	7:00-7:55am		10:00 - 10:30am	10:00-10:55am
	Sarah C	Anita	Molly		Michael	Gi Gi
	GEX Studio	Cycle Studio	Cycle Studio GRIT STRENGTH	HIIT Poving	GEX Studio	Carriage House II CXWORX
HIIT Boxing 7:00-8:00am	Coach By Color 7:00-7:55am		7:00-7:30am	HIIT Boxing 7:00-8:00am	Coach By Color 10:00 - 10:55am	10:00-10:25am
Harold	Francella		Melissa	Harold	Hirsh	Melissa
GEX Studio	Cycle Studio		GEX Studio	GEX Studio	Cycle Studio	GEX Studio
		TRX φ	CXWORX		Power Yoga	
		9:00-9:45am Chris H.	7:30-8:00am Melissa		10:00 - 10:55am Kristen	
		GEX Studio	GEX Studio		Carriage House II	
		Pilates Reformer**		Stretch Recovery	Align & Flow Yoga Φ	Coach By Color
		12.00 1.00		ф 10:30-11:30am		
		12:00 - 1:00pm Sarah H.		Susan R.	10:30 - 11:45am Ryan	10:00-10:55am Hirsh/Spence
		Pilates Studio		Carriage House II	Carriage House I	Cycle Studio
Yin Recovery φ					BODYPUMP	BODYPUMP
10:30-11:30a Lyn					11:00-11:55am Shanedda	11:00-11:55am Jam
Carriage House II					GEX Studio	GEX Studio
					Freestyle Latin	Vinyasa Yoga
					Міх ф 11:00-11:50am	11:00-12:15pm
					Gabriel	Charles
					Carriage House II	Carriage House II
Boot Camp	Barre Above φ	Total Body Tone φ	Coach By Color		Pilates Reformer**	
12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-12:45pm		11:45am- 12:45pm	
Mansur	Gi Gi	Susan R.	Spence G.		Sarah H.	
GEX Studio	Carriage House II	Carriage House II	Cycle Studio		Pilates Studio	
Power Yoga	Coach By Color	HIIT Boxing φ	Pilates Mat	Power Yoga	GRIT CARDIO/PLYO	lyengar Yoga Fundamentals
- 12:30-1:30pm	12:00-12:45pm	12:00-1:00pm	12:00 - 1:00pm	12:00-1:00pm	12:00-12:30pm	11:00-11:55am
Ryan	Michael	Harold	Susan R.	Charles	Shanedda	Kathy
Carriage House II	Cycle Studio	GEX Studio	Carriage House II	Carriage House II	GEX Studio	Carriage House I
	TRX φ		Vinyasa	Boot Camp	Power Yoga	
	12:00-1:00pm		12:00-1:00pm	12:00-1:00pm	12:00 - 1:15pm	
	Chris H.		Lyn Carriago Hauso I	Mansur	Maicie Carriago Houso I	
Absolute Abs	GEX Studio Cardio Kicboxing	ASA! Fitness Φ	Carriage House I Boxing Express	GEX Studio	Carriage House I	ASA! Fitness Φ
5:30-6:25pm	5:15-6:15pm	5:30-6:25pm	5:00-5:40pm		GRIT STRENGTH 12:30-1:00pm	12:00-1:00pm
3:30-6:25pm Marsha	5:15-6:15pm Charissa	5:30-6:25pm Isa	5:00-5:40pm Harold		Shanedda	12:00-1:00pm Isa
Carriage House II	GEX Studio	Carriage House II	GEX Studio		GEX Studio	GEX Studio
ZUMBA φ		GRIT STRENGTH				
5:30-6:25pm		5:30-5:55pm				
Maryjo GEX Studio		Jennifer GEX Studio				
OLA JUUIU		ΟΓΥ ΣΙΔΟΙΟ				



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Align & Flow Yoga		GRIT CARDIO/PLYO	Hatha Yoga		Aerial Yoga**	HIIT Boxing
Φ			-			
5:45 - 6:45pm		6:00-6:25pm	5:25-6:30pm		1:15 - 2:15pm	1:15-2:15pm
Ryan		Jennifer	Charissa		Sarah H.	Harold
Carriage House I		GEX Studio	Carriage House I		GEX Studio	GEX Studio
Coach By Color	Vinyasa Yoga	Vinyasa Yoga φ		Latin Dance φ	Gung Fu**	Pilates Reformer
6:00-7:00pm	6:30-7:30pm	6:15-7:25pm		5:30-6:25	1:30 - 3:30pm	1:15pm-2:15pm
Susan L.	Charles	Karen 5.		Debbie	Sifu Thomas	Gina
Cycle Studio	Carriage House I	Carriage House I		GEX Studio	Carriage House II	Pilates Stuido
		Coach By Color	Freestyle Dance Fitness Φ		HIIT Boxing	Aerial Yoga**
		6:30-7:25pm	5:45-6:35pm		2:30 - 3:30pm	2:30 - 3:30pm
		Sari	Gabriel		Harold	Sarah H.
		Cycle Studio	GEX Studio		GEX Studio	GEX Studio
GRIT STRENGTH	Barre Above ¢	BODYPUMP	Coach By Color	BODYPUMP		
6:30-6:55pm	6:30-7:25pm	6:30-7:25pm	6:30-7:15pm	6:30-7:30pm		
Sarah C.	Gi Gi	Jennifer	Matt	Sarah C.		
GEX Studio	Carriage House II	GEX Studio	Cycle Studio	GEX Studio		
		Pilates Mat φ	Align & Flow φ	Restorative Yoga φ		Tabata φ
		6:30-7:25pm	6:35-7:35pm	6:30-7:30pm		4:00-4:30pm
		АЬЬУ	Vince	Andres		Michael
		Carriage House II	Carriage House I	Carriage House I		GEX Studio
ΡίΥο φ	BODYPUMP			Soul Flow Yoga φ		Coach By Color
6:30-7:20pm	6 20 7 25			7:30-8:30pm		4:30-5:15pm
0.50 7.20pm	6:30-7:25pm					
Gi Gi	6:30-7:23pm Anna			Charles		Michael
Gi Gi	,			Charles Carriage House II		Michael Cycle Studio
Gi Gi Carriage House II	Anna		Barre			Cycle Studio
<i>Gi Gi</i> <i>Carriage House II</i> GRIT CARDIO/PLYO	Anna GEX Studio FITENSITY					<i>Cycle Studio</i> Restorative Yoga
<i>Gi Gi</i> <i>Carriage House II</i> GRIT CARDIO/PLYO <i>7:00-7:25pm</i>	Anna GEX Studio FITENSITY 7:30-8:30pm		6:45-7:45pm			<i>Cycle Studio</i> Restorative Yoga o <i>5:00-6:00pm</i>
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C.	Anna GEX Studio FITENSITY		6:45-7:45pm Lizzie			<i>Cycle Studio</i> Restorative Yoga o 5:00-6:00pm <i>Chris M</i> .
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	Vinvasa Voga	6:45-7:45pm Lizzie Carriage House II			<i>Cycle Studio</i> Restorative Yoga o 5:00-6:00pm <i>Chris M.</i> <i>Carriage House I</i>
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio Coach By Color	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	Vinyasa Yoga	<i>6:45-7:45pm Lizzie Carriage House II</i> Aerial Yoga**			Cycle Studio Restorative Yoga o 5:00-6:00pm Chris M. Carriage House o Power Yoga
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio Coach By Color 7:15-8:15pm	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	7:30-8:45pm	6:45-7:45pm Lizzie Carriage House II Aerial Yoga** 6:40-7:40pm			Cycle Studio Restorative Yoga of 5:00-6:00pm Chris M. Carriage House of Power Yoga 6:00-7:00pm
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio Coach By Color 7:15-8:15pm Spence G.	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	7:30-8:45pm Mario	6:45-7:45pm Lizzie Carriage House II Aerial Yoga** 6:40-7:40pm Sarah H.			Cycle Studio Restorative Yoga of 5:00-6:00pm Chris M. Carriage House of Power Yoga 6:00-7:00pm Matt
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio Coach By Color 7:15-8:15pm Spence G. Cycle Studio	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	7:30-8:45pm Mario Carriage House II	6:45-7:45pm Lizzie Carriage House II Aerial Yoga** 6:40-7:40pm Sarah H. GEX Studio			Cycle Studio Restorative Yoga of 5:00-6:00pm Chris M. Carriage House of Power Yoga 6:00-7:00pm Matt
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio Coach By Color 7:15-8:15pm Spence G. Cycle Studio Vinyasa	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	7:30-8:45pm Mario Carriage House II Yoga: Breath &	6:45-7:45pm Lizzie Carriage House II Aerial Yoga** 6:40-7:40pm Sarah H. GEX Studio Tabata		LEGEND	Cycle Studio Restorative Yoga o 5:00-6:00pm Chris M. Carriage House o Power Yoga 6:00-7:00pm Matt
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio Coach By Color 7:15-8:15pm Spence G. Cycle Studio	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	7:30-8:45pm Mario Carriage House II	6:45-7:45pm Lizzie Carriage House II Aerial Yoga** 6:40-7:40pm Sarah H. GEX Studio	Carriage House II		Cycle Studio Restorative Yoga (5:00-6:00pm Chris M. Carriage House (Power Yoga 6:00-7:00pm Matt Carriage House (
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio Coach By Color 7:15-8:15pm Spence G. Cycle Studio Vinyasa 7:15-8:30pm	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	7:30-8:45pm Mario Carriage House II Yoga: Breath & 7:30-8:30pm	6:45-7:45pm Lizzie Carriage House II Aerial Yoga** 6:40-7:40pm Sarah H. GEX Studio Tabata 7:45-8:30pm			Cycle Studio Restorative Yoga of 5:00-6:00pm Chris M. Carriage House of Power Yoga 6:00-7:00pm Matt
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio Coach By Color 7:15-8:15pm Spence G. Cycle Studio Vinyasa 7:15-8:30pm Laarni	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	7:30-8:45pm Mario Carriage House II Yoga: Breath & 7:30-8:30pm Chuck	6:45-7:45pm Lizzie Carriage House II Aerial Yoga** 6:40-7:40pm Sarah H. GEX Studio Tabata 7:45-8:30pm Michael	Carriage House II	Youth Develop	Cycle Studio Restorative Yoga 5:00-6:00pm Chris M. Carriage House A Power Yoga 6:00-7:00pm Matt Carriage House A
Gi Gi Carriage House II GRIT CARDIO/PLYO 7:00-7:25pm Sarah C. GEX Studio Coach By Color 7:15-8:15pm Spence G. Cycle Studio Vinyasa 7:15-8:30pm Laarni Carriage House I	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	7:30-8:45pm Mario Carriage House II Yoga: Breath & 7:30-8:30pm Chuck Carriage House I	6:45-7:45pm Lizzie Carriage House II Aerial Yoga** 6:40-7:40pm Sarah H. GEX Studio Tabata 7:45-8:30pm Michael GEX Studio	Carriage House II Carriage House II **Fee-Based Classes \$	Youth Develop Membe	Cycle Studio Restorative Yoga of 5:00-6:00pm Chris M. Carriage House I Power Yoga 6:00-7:00pm Matt Carriage House I Carriage House I oment Program
Gi Gi Carriage House II GRIT CARDIO/PLYO 5arah C. GEX Studio Coach By Color 7:15-8:15pm Spence G. Cycle Studio Vinyasa 7:15-8:30pm Laarni Carriage House I BODYPUMP	Anna GEX Studio FITENSITY 7:30-8:30pm Hirsh	7:30-8:45pm Mario Carriage House II Yoga: Breath & 7:30-8:30pm Chuck Carriage House I HIIT Boxing	6:45-7:45pm Lizzie Carriage House II Aerial Yoga** 6:40-7:40pm Sarah H. GEX Studio Tabata 7:45-8:30pm Michael GEX Studio Pilates Reformer**	Carriage House II Carriage House II **Fee-Based Classes \$	Youth Develop	Cycle Studio Restorative Yoga of 5:00-6:00pm Chris M. Carriage House I Power Yoga 6:00-7:00pm Matt Carriage House I Carriage House I oment Program