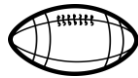




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# YMCA ALEXANDRIA

## Group Exercise Schedule

### FALL II: 10/28/19-12/22/19

\***Bolded classes represent something new/time change/instructor change**

MONDAY			
6:00-6:55	CS	Cycle	Manny
6:00-6:55	1	H.I.I.T.	Nekea
7:30-8:25	2	Yoga 1	Beth H
8:00-8:45	Pool	Aqua H.I.I.T. (Shallow)	Mary C
8:30-9:25	1	Silver Sneakers Classic	Nicole
9:00-9:45	Pool	Aqua Aerobics	Natasha
9:00-9:55	2	Stability & Balance	Kathryn
9:30-10:25	1	Zumba	Nicole
10:00-11:30	2	Pre-school Playtime	YD Staff
10:30-11:30	1	BodyPump	Nicole
12:30-1:25	1	Tai Chi	Randy
4:00-4:45	1	Youth Yoga (Ages 8-12)	Charissa
5:30-6:30	1	Body Pump	Robin
6:30-7:30	1	Advanced Step	Barry
6:30-7:30	CS	Cycle	Megan
6:30-7:30	Pool	Aqua Pilates (Shallow)	Cathy R
6:45-7:30	2	Mat Pilates	Nekea
7:30-8:30	1	GRIT	Shanedda
TUESDAY			
6:00-6:55	1	Body Sculpt	Nancy
7:00-7:45	WF	Intro to TRX	Tiffany
8:30-9:25	1	Silver Sneakers CardioFit	Nicole
8:30-9:25	2	Yoga 1	Victoria
8:30-9:15	CS	Cycle	Leah
9:00-9:45	Pool	Aqua Zumba	Natasha
9:30-10:25	2	Yoga 2	Robin
10:00-10:45	CS	Cycle	Natasha
10:30-11:25	2	Yin Yoga	Beth H
1:00-1:55	1	Tai Chi	Jeff
3:30-4:00	1	Youth Fit (Ages 5-7)	Xavier
4:00-4:45	1	Youth Fit (Ages 8-12)	Xavier
5:45-6:25	1	Belly Dance	Latoya
6:00-7:00	2	Youth Martial Arts	Paul
6:30-7:30	Pool	Water Aerobics (Shallow)	Cathy R
6:30-7:30	Pool	Water Aerobics (Deep)	Cathy J
6:30-7:30	CS	Cycle	Melizza
6:30-7:30	1	Body Pump	Shanedda
7:00-7:55	2	Vinyasa Yoga	Dana
7:35-8:30	1	Zumba	Latoya/Melizza
8:30-9:30	2	Ju Jitsu (\$)	Adam
WEDNESDAY			
5:45-6:15	1	H.I.I.T.	Falisa
6:00-6:55	2	Yoga 1	Beth
6:30-7:00	CS	Cycle	Falisa
8:00-8:45	Pool	Aqua H.I.I.T. (Shallow)	Mary C
8:30-9:25	1	Silver Sneakers Classic	Nicole
8:30-9:25	2	Pilates	Jo-Ann
9:00-9:45	Pool	Aqua Aerobics	Natasha
9:30-10:25	2	Zumba Gold	Nicole
9:30-10:30	1	BodyPump	Robin
10:45-11:40	2	Yoga 2	Marisha
10:45-11:40	1	Body Step	Robin
12:00-12:45	CS	Cycle	Mary
12:30-1:25	1	Tai Chi	Randy
5:15-8:00	2	Youth Basketball (\$)	Xavier
5:30-6:30	1	BodyPump	Anne
6:00-6:50	CS	Cycle	John
6:35-7:30	1	Zumba	Essie
7:35-8:30	1	Body Combat	Shanedda

THURSDAY			
6:00-6:55	CS	Cycle	Nekea
6:00-6:30	1	GRIT	Shanedda
7:00-7:45	WF	Intro to TRX	Tiffany
8:30-9:15	CS	Cycle	Kathy R
8:30-9:25	1	Silver Sneakers CardioFit	Nicole
8:30-9:25	2	Yoga 1	Victoria
9:30-10:25	2	Stability & Balance	Kathy R
9:30-10:25	1	Cardio Dance	Pat
10:30-11:25	2	Yoga 2	Beth D
11:30-12:15	2	Yoga 3	Beth D
1:30-2:25	1	Tai Chi	Jeff
3:30-4:00	1	Youth Fit (Ages 5-7)	Xavier
4:00-4:45	1	Youth Fit (Ages 8-12)	Xavier
5:00-6:20	1	Youth Cheer/Dance	YD STAFF
6:30-7:25	CS	Cycle	Rebekah
6:30-7:30	Pool	Water Aerobics (Shallow)	Cathy R
6:30-7:30	Pool	Water Aerobics (Deep)	Cathy J
6:30-7:30	1	BodyPump	Tamar
7:30-8:25	2	Yoga 1	Beth H
7:35-8:30	1	Zumba	Latoya/Melizza
8:30-9:30	2	Jiu Jitsu (\$)	Adam
FRIDAY			
6:00-6:55	1	Body Sulpt	Nancy
8:05-8:50	Pool	Aqua H.I.I.T.	Mary C
8:30-9:25	1	Silver Sneakers Circuit	Nicole
9:00-9:45	Pool	Water Aerobics (Deep)	Natasha
9:30-10:25	2	Yoga 1	Mary
9:30-10:25	1	Zumba	Nicole
9:45-10:15	CS	Express Cycle	Sarah
10:30-11:25	2	Wall Yoga	Mary
10:30-11:30	1	BodyPump	Nicole
11:45-12:40	1	BodyStep	Robin
SATURDAY			
7:45-8:45	1	BodyPump	Melanie
8:00-8:55	2	Yoga 3	Anne
9:00-9:55	2	Yoga 1	Anne
9:00-9:55	Pool	Water Aerobics (Deep)	Pam
9:00-9:55	CS	Cycle	Nancy
9:00-9:55	1	Cardio Kickboxing	Latyoya
10:00-10:55	CS	Cycle	Ingrid
10:00-10:55	1	Step	Barry/Jo-Ann
10:15-11:00	2	Youth Cardio Dance	Melizza
11:00-12:00	1	BodyPump	Robin
12:05-1:00	1	Zumba	Latoya/Melizza
1:30-3:00	1	Shotokan Karate (\$)	Steve
SUNDAY			
9:15-10:15	2	Yoga 1	Beth D
10:30-11:25	1	Step Circuit	Heather
10:30-11:25	2	Yoga 3	Natasha
1:30-3:00	1	Shotokan Karate (\$)	Steve
2:00-3:00	2	Ju Jitsu (\$)	Adam
4:30-5:25	CS	Cycle	Nancy
5:30-6:15	1	Core Power	Nancy

**All classes** are geared for all participants/fitness levels! Instructors are happy to show modifications for any exercise. Group Exercise is the best way to not only achieve fitness goals, but to meet friends! Enjoy! -Chris

- 1: Studio 1
- 2: Studio 2
- CS: Cycle Studio
- WF: Wellness Floor
- (\$): Paid Program



**Only members 13+ may attend Group Ex classes and must have guardian.**

Go to [www.ymcadc.org/locations/ymca-alexandria](http://www.ymcadc.org/locations/ymca-alexandria) for updates

Please email [Chris.Sanders@ymcadc.org](mailto:Chris.Sanders@ymcadc.org) with questions, comments, or concerns