

YMCA Anthony Bowen Winter Group Exercise Schedule (January 6th - February 23rd)

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

GRIT CARDIO/PLYO Boot Camp	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:55am Michael 6:00-6:5am Michael 6:00-6:5am Michael 6:00-6:5am Michael 6:00-6:							
Melissa GEX Studio GEX St	6.00 6.35am	6.00 6.55am	6.00 6.75am	6.00 6.50am	6.00 6.55am		0.00-0.75am
GRIT STRENGTH 6:30-6:55am Melissa GEX Studio Silvente GEX Studio GEX							
6-30-6:55am Mellssa GEX Studio GEX S		GEX Studio		GEX Studio	GEX Studio		GEX Studio
Sign	GRIT STRENGTH		GRIT STRENGTH		Align & Flow Yoga	BODYPUMP	
Cycle & Core Cycle Studio Cycle Studio Cycle Studio Cycle & Coach By Color GEX Studio GEX Studio GEX Studio Coach By Color GEX Studio Cycle Studi					6:30 - 7:30am		
Cycle Studio			-		′		
Francella Geneviewe Carriage House Cycle Studio GEX Studio GEX Studio GEX Studio GEX Studio GEX Studio Coach By Color 7.00-7:55am Molly 7.8am YTri Instructor Carriage House Carri		,	GEX Studio	,			
Francella Genevieve Carriage House Coach By Color Coach By Color	-	, 3		Power Yoga ф	Coach By Color	Coach By Color	GRIT CARDIO/PLYO
Cycle Studio Cycle Studio Cycle Studio Cycle Studio GEX Studio Cycle Studio							
BODYPUMP 7:00-7:55sm							
HIIT Boxing	5,0.0 = 10.0.0	BODYPUMP	Coach By Color				
HIIT Boxing					7-8am		
HIIT Boxing 7:00-8:00am Harold GEX Studio YTRI 7-8am Y Tri Instructor Carriage House II TIRROGE COACH BY Color 7:00-7:35am Harold GEX Studio YTRI 7-8am Y Tri Instructor Carriage House II CXWORX 7:30-8:00am Melissa GEX Studio GEX Studio COACH BY Color 7:00-1:0:55am Melissa GEX Studio Fower Yoga 10:00-10:25am Melissa GEX Studio Power Yoga 10:00-10:55am Kristen Carriage House II CXWORX 7:30-8:00am Melissa GEX Studio CARROGE CARROGE VITI Instructor Carriage House II CXWORX 7:30-8:00am Melissa GEX Studio Stretch Recovery \$\Phi 10:30-11:30am Susan R. Carriage House II Filates Reformer** 12:00-1:00pm Sarah H Pilates Studio 11:30-12:30pm Susan R. Carriage House II 11:30-12:30pm Susan R. Carriage House II 11:30-1:245pm Sarah H Pilates Studio 11:30-12:45pm Sarah H Pilates Studio			-	•			
7:00-8:00am Harold Francella Gex Studio Gex Stu	IIIIT D. I		,	/			CVILIONY
Harold GEX Studio Cycle Studio Cycle Studio Cycle Studio Cycle Studio Cycle Studio Cycle Studio GEX Studio	_	•				•	
Carriage House Carr							
10:00 - 10:55am 10:00 - 10:55am Kristen Kolon Kristen Kolon Kristen Kolon Kristen Kristen Kristen Kristen Kristen Kristen Kristen Kristen Kristen Kris							
Y Tri Instructor Carriage House I Chris H. GEX Studio		Y TRI	-	Y TRI			
Carriage House CXWORX CXWORX CXWORX CArriage House CXWORX CArriage House							
CXWORX Stretch Recovery							
CXWORX Pilates Reformer** Carriage House Carriage House Carriage House Carriage House		Carriage House II			Stretch Recovery	_	Court D. Color
Melissa GEX Studio Susan R. Carriage House Spence G. Cycle Studio Spence G. Cycle Studio					ф		_
Yin Recovery ф 10:30-11:30a Lyn Carriage House II Pilates Reformer** BodyPump							
11:00-11:55am Shanedda Sha					Carriage House II		
Lyn Carriage House Pilates Reformer** Pilates Reformer**							
Lyn Carriage House II Pilates Reformer** 12:00 - 1:00pm Sarah H. Pilates Studio Boot Camp Barre Above \$\phi\$ Total Body Tone \$\phi\$ Pilates Mat 12:00-1:00pm Mansur Gi Gi Susan R. GEX Studio Pilates Reformer** 12:00-1:00pm Susan R. GEX Studio Susan R. Carriage House II Carriage House II Snaneda Matt GEX Studio Vinyasa Yoga 11:00-12:15pm Charles Carriage House II Pilates Reformer** 11:45am-12:45pm Sarah H. Pilates Studio	10:30-11:30a						
Pilates Reformer** 12:00 - 1:00pm Sarah H. Pilates Studio Boot Camp Barre Above \$\phi\$ Total Body Tone \$\phi\$ Pilates Mat 12:00-1:00pm Mansur Gi Gi Susan R. GEX Studio Pilates Reformer** 12:00-1:00pm Susan R. Carriage House II Carriage House II Vinyasa Yoga 11:00-12:15pm Charles Carriage House II Pilates Reformer** 11:45am-12:45pm Susan R. Susan R. Pilates Studio Ivendar Yoga	Lyn					Shanedda	, ,
12:00 - 1:00pm 11:00-12:15pm Charles Carriage House I	Carriage House II					GEX Studio	GEX Studio
Sarah H. Pilates Studio Boot Camp Barre Above φ Total Body Tone φ Pilates Mat 12:00-1:00pm Mansur Gi Gi Susan R. GEX Studio Sarah H. Pilates Mat Pilates Reformer** 11:30 - 12:30pm Susan R. Susan R. Susan R. Carriage House II Carriage House II Vengar Yona			Pilates Reformer**				Vinyasa Yoga
Boot Camp Barre Above \$\phi\$ Total Body Tone \$\phi\$ Pilates Mat 12:00-1:00pm 12:00-1:00pm 12:00-1:00pm 12:00-1:00pm Susan R. Susan R. Susan R. Susan R. GEX Studio Carriage House II Vennar Yona			12:00 - 1:00pm				11:00-12:15pm
Boot Camp Barre Above ϕ Total Body Tone ϕ Pilates Mat 12:00-1:00pm 12:00-1:00pm 12:00-1:00pm 11:30-12:30pm 11:30-12:30pm Mansur Gi Gi Susan R. Susan R. Susan R. Susan R. Sarah H. GEX Studio Carriage House II Carriage House II Carriage House II Vennar Yona							
12:00-1:00pm 12:00-1:00pm 12:00-1:00pm 11:30 - 12:30pm Mansur Gi Gi Susan R. Susan R. Sarah H. GEX Studio Carriage House II Carriage House II Carriage House II Pilates Studio							Carriage House II
Mansur Gi Gi Susan R. Susan R. Susan R. Sarah H. GEX Studio Carriage House II Carriage House II Carriage House II Vennar Yona	Boot Camp	Barre Above Ф	Total Body Tone ф	Pilates Mat		Pilates Reformer**	
GEX Studio Carriage House II Carriage House II Carriage House II Pilates Studio	,	,	•	,		· .	
Ivenoar Yona							
			Carriage nouse ii	Carriage House II		Pliates Studio	Iyengar Yoga
Power Yoga Coach By Color HIIT Boxing φ Vinyasa Power Yoga GRIT CARDIO/PLYO Fundamentals	Power Yoga	Coach By Color	HIIT Boxing φ	Vinyasa	Power Yoga	GRIT CARDIO/PLYO	, , ,
12:30-1:30pm 12:00-12:45pm 12:00-1:00pm 12:30-1:30pm 12:00-1:00pm 12:00-12:30pm 11:00-11:55am	,	,	•	•	,	,	
Ryan Michael Harold Lyn Charles Shanedda Kathy Carriage House II Cycle Studio GEX Studio Carriage House II Carriage House II GEX Studio Carriage House II	,						•
TRX φ Coach By Color Boot Camp	carriage riouse II	,	GEN Stadio			GEN Studio	carriage riouse I
12:00-1:00pm		•		•	•		
Chris H. Liz G. Mansur		Chris H.		Liz G.	Mansur		
GEX Studio Cycle Studio GEX Studio		GEX Studio		Cycle Studio	GEX Studio		
Absolute Abs Cardio Kicboxing ASA! Fitness φ Boxing Express GRIT STRENGTH ASA! Fitness φ	Absolute Abs	Cardio Kicboxing	ASA! Fitness ф	Boxing Express		GRIT STRENGTH	ASA! Fitness φ
5:30-6:25pm 5:15-6:15pm 5:30-6:25pm 5:00-5:40pm 12:30-1:00pm 12:00-1:00pm	,	•	•	-			·
Marsha Charissa Isa Harold Shanedda Isa Carriage House II GEX Studio GEX Studio GEX Studio GEX Studio			-				
ZUMBA ф GRIT STRENGTH		ULA JUUIU		ULA SLUUIU		ULA SIUUIU	ULA JUUIU
5:30-6:25pm 5:30-5:55pm							
Maryjo Jennifer	<i>'</i>		•		Ĭ.	I	
	Maryjo		Jennifer				



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N. C.		e amaan y		,		
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
3:43 - 8:43piii Ryan		Jennifer	5:25-0:30pm Charissa		Sarah H.	Harold
,		GEX Studio	Carriage House I		GEX Studio	GEX Studio
Carriage House I			Carriage nouse i			GEX STUUIO
Coach By Color	Vinyasa Yoga	Vinyasa Yoga ф		Latin Dance ф	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 S.		Debbie	Sifu Thomas	Gina Pilates Stuido
Cycle Studio	Carriage House I	Carriage House I		GEX Studio	Carriage House II	T Hates Stalds
		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 ф	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 ф	Vinyasa ф	Restorative Yoga ф		Tabata ф
		6:30-7:25pm	6:35-7:35pm	6:30-7:30pm		4:00-4:30pm
		Abby	Vince	Andres		Michael
		Carriage House II	Carriage House I	Carriage House I		GEX Studio
PiYo φ	BODYPUMP			Soul Flow Yoga ф		Coach By Color
6:30-7:20pm	6:25-7:25pm			7:30-8:30pm		4:30-5:15pm
Gi Gi	Anna			Charles		Michael
Carriage House II	GEX Studio			Carriage House II		Cycle Studio
GRIT CARDIO/PLYO	FITENSITY		Barre			Restorative Yoga ф
7:00-7:25pm	7:30-8:30pm		6:45-7:45pm			5:00-6:00pm
Sarah C.	Hirsh		Lizzie			Chris M.
GEX Studio	GEX		Carriage House II			Carriage House I
Coach By Color		Vinyasa Yoga	Aerial Yoga**			Power Yoga
7:15-8:15pm		7:30-8:45pm	6:40-7:40pm			6:00-7:00pm
Spence G.		Mario	Sarah H.			Matt
Cycle Studio		Carriage House II	GEX Studio			Carriage House II
Vinyasa		Yoga: Breath & Meditation Φ	Tabata		LEGEND	
7:15-8:30pm Laarni		7:30-8:30pm Chuck	7:45-8:30pm Michael			
Carriage House I		Carriage House I	GEX Studio		Fee-Based Classes	
BODYPUMP		HIIT Boxing	Pilates Reformer**	ф= All levels	Membe	er Value
7:30-8:25pm		8:30 - 9:30pm	7:45 - 8:45m	7 101013	····cilibe	
,				**Registration Required		
Matt GEX Studio		Harold GEX Studio	Sarah H. Pilates Studio	**	Registration Requir	ed