



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

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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



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

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