



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVE STREAMING GROUP EXERCISE SCHEDULE

Access our LIVE classes by clicking on this link: [YMCA DC Virtual Wellness Facebook Page](#)

Monday		
Time	Format	Instructors
10:15am	Silver Sneakers Classics	Nicole Lamm
12:00pm	Body Pump	Kym Porter
6:00pm	Zumba	Riko Saidel
Tuesday		
Time	Format	Instructors
7:00am	HIIT and Core	Melissa Nolan
10:00am	Y-Fusion Dance	Y-Fusion Team
10:15am	Muscle Fitness	Tejas Patel
1:00pm	Tai Chi	Qijing Yue
6:00pm	Boot Camp	Serenity Fort
Wednesday		
Time	Format	Instructors
8:30am	Vinyasa Yoga	Marissa Greenberg
10:00am	Senior Strength	Kaleen Harrison
1:30pm	Mat Pilates	Christelle McDonald
5:30pm	Body Pump	Robin Cade
8:00pm	Kickboxing	Yvonne Ojie
Thursday		
Time	Format	Instructors
7:00am	GRIT	Melissa Nolan
7:30am	Interval Cross Training	Krista Myers
8:00am	Body Pump	Melissa Nolan
9:00am	Step	Allison Van Hartesveldt
10:00am	Zumba Toning	Riko Saidel
10:15am	Muscle Fitness	Tejas Patel
1:00pm	Tai Chi	Qijing Yue
6:00pm	Yoga: Breath and Meditation	Chuck Everhart
Friday		
Time	Format	Instructors
6:30am	Vinyasa Yoga	Shahzad Sartippour
8:30am	Body Pump	Kym Porter
10:00am	Y-Fusion Dance	Y-Fusion Team
12:00pm	Yoga	Robin Cade
Saturday		
Time	Format	Instructors
9:15am	Muscle Fitness	Allison Van Hartesveldt
9:30am	Kickboxing	Lisa Lansing
10:45am	Refit Dance	Sarah Ware
11:00am	Pilates	Christelle McDonald
Sunday		
Time	Format	Instructors
9:00am	Yoga: Breath and Meditation	Chuck Everhart
11:45am	Vinyasa Yoga	Shahzad Sartippour