



Group Exercise Schedule

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<p>NEW CLASS: SilverSneakers EnerChi! Tuesdays at 10:30 am. This Tai Chi style class incorporates balance, mental well being, weight transfer and awareness of focused breathing.</p>	 	<p>Please bring your own mat and water bottle to classes and always scan your membership card when you arrive. We can't wait to work out with you!</p>	<p>View at home workouts through YMCA360.org</p>	<p>FREE Zumba Classes at Market Square! Mondays through 8/29, 6:30-7:30 pm.</p>	<p>7:30 AM Barre Meredith-AR</p>	<p>7:30 AM BODYPUMP@ Stacie-BT</p> <p>9 AM Zumba@ Kristin-BT</p>
3	4	5	6	7	8	9
	<p>YMCA Closed - Happy July 4th!</p>	<p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM STRONG Meredith-BT</p> <p>9:35 AM Yoga 1 Meredith-BT</p> <p>9:30 AM SS Classic Emma-AR</p> <p>10:30 AM SS EnerChi Emma-AR</p> <p>6 PM POUND@ Emily D-BT</p>	<p>5 AM Strength and Stretch Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT</p> <p>9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p>	<p>5 AM BODYPUMP@ Rachel -BT</p> <p>7:30 AM STRONG Meredith-BT</p> <p>9:30 AM SS Classic Emma-AR</p> <p>10:30 AM SS Yoga Emma-AR</p>	<p>7:30 AM Barre Meredith-AR</p>	<p>7:30 AM BODYPUMP@ Rachel-BT</p>
10	11	12	13	14	15	16
	<p>5 AM Strength and Stretch Rachel-AR</p> <p>8 AM BODYPUMP@ Meredith-BT</p> <p>9:15 AM Barre Meredith-AR</p> <p>5:30 PM BODYPUMP@ Meredith-BT</p> <p>6:30 PM Zumba@ Kristin-MS</p>	<p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM STRONG Meredith-BT</p> <p>9:35 AM Yoga 1 Meredith-BT</p> <p>9:30 AM SS Classic Emma-AR</p> <p>10:30 AM SS EnerChi Emma-AR</p> <p>6 PM POUND@ Emily D-BT</p>	<p>5 AM Strength and Stretch Rachel-AR</p> <p>8 AM BODYPUMP@ Traci-BT</p> <p>9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Rachel-BT</p>	<p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT</p> <p>9:30 AM SS Classic Emma-AR</p> <p>10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM STRONG Emily-AR</p> <p>6:35 PM Zumba@ Kristin-AR</p>	<p>7:30 AM Barre Meredith-AR</p>	<p>7:30 AM BODYPUMP@ Emily-BT</p> <p>9 AM Zumba@ Kristin-BT</p>
17	18	19	20	21	22	23
	<p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p> <p>6:30 PM Zumba@ Kristin-MS</p>	<p>5 AM BODYPUMP@ Emily-BT</p> <p>8:30 AM Kettlebell Emily D-BT</p> <p>9:30 AM SS Classic Emma-AR</p> <p>10:30 AM SS EnerChi Emma-AR</p> <p>6 PM POUND@ Emily D-BT</p>	<p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT</p> <p>9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p>	<p>5 AM BODYPUMP@ Emily-BT</p> <p>8:30 AM HIIT Emily D-BT</p> <p>9:30 AM SS Classic Emma-AR</p> <p>10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM STRONG Emily-BT</p> <p>6:35 PM Zumba@ Kristin-BT</p>	<p>7:30 AM Barre Emily D-AR</p>	<p>7:30 AM BODYPUMP@ Emily-BT</p> <p>9 AM Zumba@ Kristin-BT</p>
24/31	25	26	27	28	29	30
	<p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Meredith-BT</p> <p>9:15 AM Barre Meredith-AR</p> <p>5:30 PM BODYPUMP@ Stacie-BT</p> <p>6:30 PM Zumba@ Kristin-MS</p>	<p>5 AM BODYPUMP@ Rachel-BT</p> <p>8:30 AM STRONG Meredith-BT</p> <p>9:35 AM Yoga 1 Meredith-BT</p> <p>9:30 AM SS Classic Emma-AR</p> <p>10:30 AM SS EnerChi Emma-AR</p> <p>6 PM POUND@ Emily D-BT</p>	<p>5 AM Yoga 1 Cheri-AR</p> <p>8 AM BODYPUMP@ Traci-BT</p> <p>9:30 AM SS CardioFit Traci-BT</p> <p>5:30 PM BODYPUMP@ 121 LAUNCH Emily, Meredith, Rachel, Stacie, Traci-BT</p>	<p>5 AM BODYPUMP@ Rachel -BT</p> <p>8:30 AM STRONG Meredith-BT</p> <p>9:30 AM SS Classic Emma-AR</p> <p>10:30 AM SS Yoga Emma-AR</p> <p>5:30 PM STRONG Emily-BT</p>	<p>7:30 AM Barre Meredith-AR</p>	<p>7:30 AM BODYPUMP@ Emily-BT</p> <p>9 AM Zumba@ Kristin-BT</p>