



# Group Exercise Schedule

## September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
		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!	View at home workouts through <a href="http://YMCA360.org">YMCA360.org</a>	5 AM BODYPUMP@   Rachel -BT 8:30 AM STRONG   Meredith-AR 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  6 PM Barre  Emily D-BT	7:30 AM Barre   Meredith-AR	7:30 AM BODYPUMP@ Rachel-BT
4	5	6	7	8	9	10
Join us for FREE Zumba on 9/12 at 6:30 pm and Belly Dancing on 9/13 at 11:30 am!	<b>LABOR DAY YMCA IS CLOSED</b>	5 AM BODYPUMP@   Rachel-BT 8:30 AM STRONG   Meredith-BT 9:35 AM Yoga 1  Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS EnerChi   Emma-AR  6 PM POUND@  Emily D-BT	5 AM Yoga 1   Cheri-AR 8 AM BODYPUMP@   Meredith-BT 9:30 AM SS Classic   Meredith-AR 5:30 PM BODYPUMP@   Rachel-BT	5 AM BODYPUMP@   Rachel -BT 8:30 AM POUND@  Emily D-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  6 PM Barre   Emily D-AR	7:30 AM Barre   Emily D-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM POUND@  Emily D-BT
11	12	13	14	15	16	17
<b>WELCOME WEEK, 9/9-9/18. Wear a T-shirt from another state/country to classes!</b>	5 AM Yoga 1   Cheri-AR 8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold@   Mo-BT  5:30 PM BODYPUMP@   Stacie-BT 6:30 PM Zumba@   Kristin-GYM	5 AM BODYPUMP@   Rachel-BT 8:30 AM STRONG   Meredith-BT 9:35 AM Yoga 1  Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS EnerChi   Emma-AR 11:30 AM Belly Dancing   Mo-AR  6 PM POUND@  Emily D-BT	5 AM Yoga 1   Cheri-AR 8 AM BODYPUMP@   Traci-BT 9:30 AM SS CardioFit   Traci-BT 5:30 PM BODYPUMP@   Stacie-BT	5 AM BODYPUMP@   Rachel -BT 8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  6 PM Barre  Emily D-BT	7:30 AM Barre   Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@   Kristin-BT
18	19	20	21	22	23	24
	5 AM Yoga 1   Cheri-AR 8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold@   Mo-BT  5:30 PM BODYPUMP@   Stacie-BT 6:30 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Rachel-BT 8:30 AM STRONG   Meredith-BT 9:35 AM Yoga 1  Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS EnerChi   Emma-AR  6 PM POUND@  Emily D-BT	5 AM Yoga 1   Cheri-AR 8 AM BODYPUMP@   Traci-BT 9:30 AM SS CardioFit   Traci-BT 5:30 PM BODYPUMP@   Stacie-BT	5 AM BODYPUMP@   Rachel -BT 8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  6 PM Barre   Emily D-BT	7:30 AM Barre   Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@   Kristin-BT
25	26	27	28	29	30	
	5 AM Yoga 1   Cheri-AR 8 AM BODYPUMP@   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold@   Mo-BT  5:30 PM BODYPUMP@   Stacie-BT 6:30 PM Zumba@   Kristin-BT	5 AM BODYPUMP@   Rachel-BT 8:30 AM STRONG   Meredith-BT 9:35 AM Yoga 1  Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS EnerChi   Emma-AR  6 PM POUND@  Emily D-BT	5 AM Yoga 1   Cheri-AR 8 AM BODYPUMP@   Traci-BT 9:30 AM SS CardioFit   Traci-BT 5:30 PM BODYPUMP@   Stacie-BT	5 AM BODYPUMP@   Rachel -BT 8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  6 PM Barre  Emily D-BT	7:30 AM Barre   Meredith-AR	