



# Group Exercise Schedule

## January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>WOMEN ON WEIGHTS THURSDAYS 5:30-6:30 PM with Rachel. Register TODAY!</b></p>	<p>5 AM Yoga 1   Cheri-AR</p> <p>8 AM BODYPUMP®   Meredith-BT 9:15 AM Barre   Meredith-AR</p> <p>5:30 PM BODYPUMP®   Stacie-BT 6:35 PM Zumba®   Kristin-BT</p>	<p>5 AM BODYPUMP®   Rachel-BT</p> <p>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</p> <p>6 PM Barre   Emily D-AR</p>	<p>5 AM Yoga 1   Cheri-AR</p> <p>8 AM BODYPUMP®   Traci-BT 9:30 AM SS CardioFit   Traci-BT</p> <p>5:30 PM BODYPUMP® 123 LAUNCH   Emily, Meredith, Rachel, Stacie, Traci-BT</p>	<p>5 AM BODYPUMP®   Rachel -BT</p> <p>8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR</p> <p>5:30 PM POUND®   Emily D-BT 6:35 PM Zumba®   Kristin-BT</p>	<p>5 AM Pilates   Christy-AR</p> <p>7:30 AM Barre   Meredith-AR</p>	<p>7:30 AM BODYPUMP® Rachel-BT 9 AM Barre   Emily D-AR</p>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<p>5 AM Yoga 1   Cheri-AR</p> <p>8 AM BODYPUMP®   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold®   Mo-BT</p> <p>5:30 PM BODYPUMP®   Stacie-BT 6:35 PM Zumba®   Kristin-BT</p>	<p>5 AM BODYPUMP®   Rachel-BT</p> <p>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</p> <p>6 PM Barre   Emily D-AR</p>	<p>5 AM Yoga 1   Cheri-AR</p> <p>8 AM BODYPUMP®   Meredith-BT 9:30 AM SS Classic   Meredith-AR</p> <p>5:30 PM BODYPUMP®   Stacie-BT</p>	<p>5 AM BODYPUMP®   Rachel -BT</p> <p>8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR</p> <p>5:30 PM POUND®   Emily D-BT</p>	<p>5 AM Pilates   Christy-AR</p> <p>7:30 AM Barre   Meredith-AR</p>	<p>7:30 AM BODYPUMP® Emily-BT 9 AM Zumba®   Kristin-BT</p>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	<p>5 AM Yoga 1   Cheri-AR</p> <p>8 AM BODYPUMP®   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold®   Mo-BT</p> <p>5:30 PM BODYPUMP®   Stacie-BT 6:35 PM Zumba®   Kristin-BT</p>	<p>5 AM BODYPUMP®   Rachel-BT</p> <p>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</p> <p>6 PM Barre   Emily D-AR</p>	<p>5 AM Yoga 1   Cheri-AR</p> <p>8 AM BODYPUMP®   Traci-BT 9:30 AM SS CardioFit   Traci-BT</p> <p>5:30 PM BODYPUMP®   Stacie-BT</p>	<p>5 AM BODYPUMP®   Rachel -BT</p> <p>8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR</p> <p>5:30 PM POUND®   Emily D-BT 6:35 PM Zumba®   Kristin-BT</p>	<p>5 AM Pilates   Christy-AR</p> <p>7:30 AM Barre   Meredith-AR</p>	<p>7:30 AM BODYPUMP® Emily-BT 9 AM POUND®   Emily D-BT</p>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	<p>5 AM Yoga 1   Cheri-AR</p> <p>8 AM BODYPUMP®   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold®   Mo-BT</p> <p>5:30 PM BODYPUMP®   Stacie-BT 6:35 PM Zumba®   Kristin-BT</p>	<p>5 AM BODYPUMP®   Rachel-BT</p> <p>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</p> <p>6 PM Barre   Emily D-AR</p>	<p>5 AM Yoga 1   Cheri-AR</p> <p>8 AM BODYPUMP®   Traci-BT 9:30 AM SS CardioFit   Traci-BT</p> <p>5:30 PM BODYPUMP®   Stacie-BT</p>	<p>5 AM BODYPUMP®   Rachel -BT</p> <p>8:30 AM STRONG   Meredith-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR</p> <p>5:30 PM POUND®   Emily D-BT</p>	<p>5 AM Pilates   Christy-AR</p> <p>7:30 AM Barre   Meredith-AR</p>	<p>7:30 AM BODYPUMP® Emily-BT 9 AM Zumba®   Kristin-BT</p>
<b>29</b>	<b>30</b>	<b>31</b>				
	<p>5 AM Yoga 1   Cheri-AR</p> <p>8 AM BODYPUMP®   Meredith-BT 9:15 AM Barre   Meredith-AR 9:30 AM Zumba Gold®   Mo-BT</p> <p>5:30 PM BODYPUMP®   Stacie-BT 6:35 PM Zumba®   Kristin-BT</p>	<p>5 AM BODYPUMP®   Rachel-BT</p> <p>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</p> <p>6 PM Barre   Emily D-AR</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 <a href="http://YMCA360.org">YMCA360.org</a></p>	