



Group Exercise Schedule

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	WOMEN ON WEIGHTS THURSDAYS 5:30-6:30 PM with Rachel. Register TODAY!	LOVE YOUR BODY WEEK FEB 12-18 	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 6:35 PM Zumba@ Kristin-BT	5 AM Pilates Christy-AR 7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM Barre Emily D-AR
5	6	7	8	9	10	11
	5 AM Yoga 1 Christy-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 6:35 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 5:30 PM Barre Emily D-AR	5 AM Pilates Christy-AR 7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@ Kristin-BT
12	13	14	15	16	17	18
	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 6:35 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 6:30 PM Specialty Buddy Workout Emily D & Meredith-AR	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 5:30 PM Barre Emily D-AR 6:35 PM Zumba@ Kristin-BT	5 AM Pilates Christy-AR 7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM POUND@ Emily D-BT
19	20	21	22	23	24	25
	5 AM Yoga 1 Christy-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 6:35 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 5:30 PM Barre Emily D-AR	5 AM Pilates Christy-AR 7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP@ Emily-BT 9 AM Zumba@ Kristin-BT
26	27	28				
	5 AM Yoga 1 Christy-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 6:35 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		<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>	