




# Group Exercise Schedule

## March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
 	<b>View at home workouts through YMCA360.org</b>	<b>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!</b>	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP®   Meredith-BT 9:30 AM SS Classic   Meredith-AR  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 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   Cheri-AR  8 AM Kettlebell   Emily D-BT 9:15 AM Barre   Emily D-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 HIIT   Emily D-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 9:35 AM Yoga 1   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
Pound Unplugged is a 30-minute class that balances focused, high-intensity exercises with restorative movements, rhythmic breathing and meditation.	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®   Meredith-BT 9:30 AM SS Classic   Meredith-AR  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 6:35 PM Zumba®   Kristin-BT	5 AM Pilates   Christy-AR  7:30 AM Barre   Meredith-AR <b>9 AM POUND® Unplugged   Emily D-BT</b> <b>5:30 PM POUND® Unplugged   Emily D-BT</b>	7:30 AM BODYPUMP® Emily-BT 9 AM POUND®   Emily D-BT
19	20	21	22	23	24	25
	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	5 AM BODYPUMP®   Rachel -BT  8:30 AM Kettlebell   Traci-BT 9:30 AM SS Classic   Emma-AR 10:30 AM SS Yoga   Emma-AR  5:30 PM Barre   Emily D-AR <b>6:35 PM POUND® Unplugged   Emily D-BT</b>	5 AM Pilates   Christy-AR  7:30 AM Barre   Emily D-AR	7:30 AM BODYPUMP® Emily-BT 9 AM Zumba®   Kristin-BT
26	27	28	29	30	31	
	5 AM Yoga 1   Cheri-AR  8 AM BODYPUMP®   Traci-BT 9:15 AM Barre   Emily D-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 HIIT   Emily D-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 9:35 AM Yoga 1   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 <b>9 AM POUND® Unplugged   Emily D-BT</b>	