


Group Exercise Schedule

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
 <p>Ask about PERSONAL TRAINING</p>	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-MS	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 9:30 AM LES MILLS CORE™ Mo-AR 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-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 POUND® Unplugged Emily D-BT	5 AM Pilates Christy-AR 7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP® Emily-BT 9 AM Zumba® Kristin-BT
7	8	9	10	11	12	13
<p>Zumba® at Market Square Mondays at 6:30 pm. FREE to the community!</p>	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-MS	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 9:30 AM LES MILLS CORE™ Mo-AR 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-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 9 AM POUND® Unplugged Emily D-BT	7:30 AM BODYPUMP® Emily-BT 9 AM Barre Emily D-AR
14	15	16	17	18	19	20
	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-MS	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 9:30 AM LES MILLS CORE™ Mo-AR 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-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 POUND® Unplugged Emily D-BT	5 AM Pilates Christy-AR 7:30 AM Barre Meredith-AR 9 AM POUND® Unplugged Emily D-BT	7:30 AM BODYPUMP® Emily-BT 9 AM Zumba® Kristin-BT
21	22	23	24	25	26	27
	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-MS	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 9:30 AM LES MILLS CORE™ Mo-AR 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-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 Emily D-AR 9 AM POUND® Unplugged Emily D-BT	7:30 AM BODYPUMP® Emily-BT
28	29	30	31			
	<p>MEMORIAL DAY YMCA IS CLOSED</p>	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 5:30 PM BODYPUMP® Stacie-BT	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP® Traci-BT 9:30 AM SS CardioFit Traci-BT 9:30 AM LES MILLS CORE™ Mo-AR 5:30 PM BODYPUMP® Stacie-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>	