



Group Exercise Schedule

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
 Ask about PERSONAL TRAINING	View at home workouts through YMCA360.org	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!	International Yoga Day Celebration Wednesday, June 21 at 5 am! 	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 Meredith-AR	7:30 AM Barre Meredith-AR	7:30 AM BODYPUMP® Emily-BT
4	5	6	7	8	9	10
Zumba® at Market Square Mondays at 6:30 pm. FREE to the community!	5 AM Strength and Stretch Rachel-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 LES MILLS CORE™ Mo-AR 9:30 AM SS CardioFit Traci-BT 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-BT	5 AM BODYPUMP® Rachel -BT 8:30 AM STRONG Meredith-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS Yoga Emma-AR 6 PM Barre Emily D-AR	7:30 AM Barre Meredith-AR 8:45 AM POUND® Unplugged Emily D-BT	7:30 AM BODYPUMP® Emily-BT 9 AM Zumba® Kristin-BT
11	12	13	14	15	16	17
	5 AM Strength and Stretch Rachel-AR 8 AM BODYPUMP® Meredith-BT 9:15 AM Barre Meredith-AR 9:30 AM Zumba Gold® Mo-BT 5:30 PM BODYPUMP® Meredith-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 Strength and Stretch Rachel-AR 8 AM BODYPUMP® Traci-BT 9:15 AM LES MILLS CORE™ Mo-AR 9:30 AM SS CardioFit Traci-BT 5:30 PM BODYPUMP® Rachel-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 6 PM Barre Emily D-AR	7:30 AM Barre Meredith-AR 8:45 AM POUND® Unplugged Emily D-BT	7:30 AM BODYPUMP® Emily-BT 9 AM POUND® Unplugged Emily D-BT
18	19	20	21	22	23	24
	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP® Traci-BT 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 Emily-BT 9:35 AM Yoga 1 Cheri-BT 9:30 AM SS Classic Emma-AR 10:30 AM SS EnerChi Emma-AR 6 PM LES MILLS CORE™ Mo-AR	5 AM Yoga 1 Cheri-AR 8 AM BODYPUMP® Traci-BT 9:15 AM LES MILLS CORE™ Mo-AR 9:30 AM SS CardioFit Traci-BT 5:30 PM BODYPUMP® Stacie-BT 6:35 PM Zumba® Kristin-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 6 PM Barre Emily D-AR	7:30 AM Barre Emily D-AR 8:45 AM POUND® Unplugged Emily D-BT	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® Traci-BT 9:15 AM Barre Emily D-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 HIIT Emily D-BT 9:35 AM Yoga 1 Cheri-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 9:15 AM LES MILLS CORE™ Mo-AR 9:30 AM SS CardioFit Traci-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 Yoga Emma-AR 6 PM Barre Emily D-AR	7:30 AM Barre Meredith-AR 8:45 AM POUND® Unplugged Emily D-BT	