



# Withnell Family YMCA Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM Studio B	Bootcamp Andrea N.		Bootcamp Andrea N.		Bootcamp Andrea N.	
5:30 AM Studio A		Yoga Andrea N.		Yoga Andrea N.		
5:30 AM Cycle Studio	Indoor Cycle Kate P.	Indoor Cycle Sarah H.	Indoor Cycle Kate P.	Indoor Cycle Sarah H.	Indoor Cycle Kate P.	
8:00 AM Studio A.	Power Yoga Vanessa R.	Gentle Yoga Vanessa R.	Power Yoga Vanessa R. *8:30AM Studio B	Gentle Yoga Vanessa R.	Power Yoga Vanessa R.	
8:00 AM Cycle Studio		Indoor Cycle Andrea N.		Indoor Cycle Andrea N.		
8:00 AM Pool		WATERinMOTION® Original		WATERinMOTION® Original		
9:00 AM Studio B		POUND® Andrea V.	Therapeutic Yoga Zorah C. *Studio A	POUND® Andrea V.		
9:30 AM Studio B	EnhanceFitness® Andrea V. Registration Only		EnhanceFitness® Andrea V. Registration Only		EnhanceFitness® Andrea V. Registration Only	
10:00 AM Studio A	TaiChi 24 Roxanne M. Registration Only	Yoga Kristen A.	TaiChi 24 Roxanne M. Registration Only	Yoga Kristen A.		
10:45 AM Studio B	Barre Andrea N.		Barre Andrea N.		Barre Andrea N.	Zumba Alyssa R. *10:30
11:00 AM Studio A	Tai Chi Moving For Better Balance Roxanne M. Registration Only		Tai Chi-Moving For Better Balance Roxanne M. Registration Only			
11:00 AM Pool		WATERinMOTION® Platinum		WATERinMOTION® Platinum		
12:00 PM Studio B	Body Flex Katie S.	Interval Step Andrea V.	Body Flex Katie S.	Interval Step Andrea V.	Body Flex Katie S.	
12:00 PM Studio A	Zumba Andrea N.	HIIT Katie S.	Zumba Andrea N.	HIIT Katie S.	Zumba Andrea N.	
12:00 PM Cycle Studio		Indoor Cycle Kate P.		Indoor Cycle Kate P.		
4:30 PM Studio A		Barre Andrea N.		Barre Andrea N.	Restorative Yoga Andrea N.	
5:30 PM Studio A	Therapeutic Yoga Zorah C.					
5:30 PM Studio B	Body Flex Tina E.	Bootcamp-HIIT Tina E.	Body Flex Tina E.	Bootcamp-HIIT Tina E.	Body Flex Tina E.	
6:30 PM Cycle Studio	Indoor Cycle Tina E.		Indoor Cycle Tina E.			