



Withnell Family YMCA Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM Studio B	Bootcamp Hannah R.	Indoor Cycle Amanda M.	Bootcamp Hannah R.	Indoor Cycle Amanda M.	Bootcamp Hannah R.	
5:30 AM Studio A		Yoga Andrea N.		Yoga Andrea N.		
8:00 AM Studio A.		Gentle Yoga Vanessa R.		Gentle Yoga Sarah V.	Yoga Kristen A.	
8:00 AM Studio B		Indoor Cycle Robin A.		Indoor Cycle Robin A.		Indoor Cycle Amanda M.
8:00 AM Pool		Aqua Fitness Jose		Aqua Fitness Jose		
9:00 AM Studio A			Therapeutic Yoga Zorah C.			
9:30 AM Studio B	EnhanceFitness® *Registration Only		EnhanceFitness® *Registration Only		EnhanceFitness® *Registration Only	Body Flex
10:00 AM Studio A	TaiChi 24 Roxanne M.	Yoga Kristen A.	TaiChi 24 Roxanne M.	Yoga Kristen A.		
10:00 AM Studio B		Pedaling-Parkinson's *Pre-Registration		Pedaling-Parkinson's *Pre-Registration		
10:45 AM Studio B	Barre Sarah C.		Barre Sarah C.		Barre Sarah C.	Zumba Alyssa R. *10:30
11:00 AM Studio A	Tai Chi: Beginners Roxanne M.		Tai Chi: Beginners Roxanne M.			
11:00 AM Pool	Water Warriors Robin A.	Water Warriors Jose	Water Warriors Robin A.	Water Warriors Jose		
12:00 PM Studio B	Body Flex Katie S.	Indoor Cycle Tina E.	Body Flex Katie S.	Indoor Cycle Tina E.	Body Flex Katie S.	
12:00 PM Studio A	Zumba Andrea N.	Active Core Staff	Zumba Andrea N.	Mat Pilates Robin A. *12:15	Zumba Andrea N.	
1:00 PM Studio A						
1:30 PM Studio B	EnhanceFitness® *Registration Only		EnhanceFitness® *Registration Only		EnhanceFitness® *Registration Only	
4:30 PM Studio A		BarreBell Sarah C.		BarreBell Sarah C.	Restorative Yoga Andrea N.	
4:30 PM Studio B		H.I.I.T Hannah R.		H.I.I.T Hannah R.		
5:00 PM Pool						
5:30 PM Studio B	Body Flex Tina E.	Body Flex Katie S.	Body Flex Tina E.	Body Flex Katie S.	Body Flex Tina E.	
6:30 PM Studio A	Yoga Chelsie G.					
6:30 PM Studio B	Release & Recover Melissa R.	Cardio Dance-HIIT Tina E./Alyssa R.		Cardio Dance-HIIT Tina E.		

