



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MacColl YMCA

Group Exercise Schedule

Contact: Emily Bird- Health and Wellness Director
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Schedule in Effect as of September 3rd- October 28th, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Slow Flow Yoga Gabrielle 9:15-10:15 am	Active Together Charissa 5:30 am-6:30 am	Power Flow Yoga Poyee 8:15-9:15 am	Boot-camp (Gymnasium) Ed 5:30-6:30 am	Slow Flow Yoga Gabrielle 9:15-10:15 am	Strength Train Together Charissa 7:30-8:30 am	Hatha Yoga Poyee 8:30-9:30 am
Boot-camp(Gymnasium) Ed 9:30-10:30 am	Chair Yoga Poyee 8:30-9:15 am	Strength Train Together Charissa 9:30-10:30 am	Chair Yoga Poyee 8:30-9:15 am	Boot-camp (Gymnasium) Noelle 9:30-10:30 am	Total Body Conditioning Ed 8:30-9:30 am	Zumba® Nisey 9:45-10:45 am
Strength Train Together Donna 10:30-11:30 am	Pickleball (Gymnasium) Self-Led 9:00-10:30 am	Pound® Kelly 10:30-11:30 am	Active Together Charissa 9:25-10:25 am	Trekking (Wellness Center) Selena 9:30-10:30 am	Active Together Kelly/Emily 9:30-10:30 am	Strength Train Together 11:00 am-12:00 pm Nisey
AOA Functional Strength Donna 11:30-12:30 am	Zumba® Kelly 9:25-10:25 am	AOA Functional Strength Danielle 11:30-12:30 pm	Pilates Sandra 10:30-11:15 am	Strength Train Together Karen 10:30-11:30 am	Hatha Yoga Shelley 10:45-11:45 am	
Core Dynamics Ed 4:30-5:15 pm	Active Together Kelly 10:30-11:30 am	Zumba® Meka 5:00-6:00 pm	Pilates Shelley 5:00-6:00 pm	AOA Stretch Danielle 11:30-12:30 pm	Group Cycle Classes* <u>Monday</u> 5:30-6:30 am- Mirella 9:30-10:30 am- Selena Cycle and Sculpt 6:00-7:30 pm Stephanie <u>Tuesday</u> 5:30-6:30 am- Selena/Stephanie 9:30-10:30 am- Sandra Cycle and Pilates 6:30-7:30 pm- Heidi <u>Wednesday</u> 5:30-6:30 am- Selena 5:30-6:30 pm-Breonna <u>Thursday</u> 5:30-6:30 am- Mirella 9:30-10:30 am Noelle 6:00-7:00 pm Caitlyn (Starting September 13th) <u>Friday</u> 5:30-6:30 am- Selena <u>Saturday</u> 7:30-8:30 am- Stephanie 9:15-10:00am- Selena Express Cycle <u>Sunday</u> 8:00-9:00 am- Katie	
Strength Train Together Charissa 5:25 pm- 6:25 pm	Barre-Stretch and Tone Emily 5:15-6:00 pm	Strength Train Together Karen 6:00-7:00 pm	HIIT Selena 6:00-7:00 pm	Active Together Emily 4:30-5:30 pm		
Zumba® Holly 6:30-7:30 pm	Total Body Conditioning Ed 6:00-7:00 pm	Arc/Trekking (Wellness Center) Ed 6:00-7:00 pm	Vinyasa Flow Kim 7:00-8:00 pm	Zumba® Holly 5:35-6:35 pm		
	Active Together Rowan 7:30-8:30 pm	Slow Flow Yoga Kim 7:15-8:15 pm				

BONUS CLASS: YIN Yoga will be offered once per month on the first Sunday of the month from 4-5 pm. Join us on 10/7 and again on 11/4 with Gabrielle!

New Class Coming Soon! Balance and Flex Together-is an athletic mind-body program including fundamentals from yoga and Pilates set to emotive music.

*All Group Cycle Classes require registration 24 hours prior to the start of class

