

# GROUP EXERCISE

Dates: November 2023 (Updated Nov. 15, 2023)

Branch: MacColl YMCA



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<b>Total Body   Selena</b> 7:15 AM - 8 AM	<b>Trekking   Selena</b> 5:30 AM - 6:30 AM	<b>STT   Diane</b> 9 AM - 10 AM	<b>Endurance Circuit   Selena</b> 5:30 AM - 6:30 AM	<b>BodyPump   Corey</b> 9 AM - 10 AM	<b>Endurance Circuit   Stef B</b> 5:30 AM - 6:15 AM	<b>STT   Tammy</b> 7:15 AM - 8:15 AM
<b>Yoga   Gabrielle</b> 8:15 AM - 9:15 AM	<b>Total Body   Nicole</b> 7:45 AM - 8:45 AM	<b>Spin   Selena</b> 9 AM - 9:45 AM	<b>Step Interval   Diane</b> 7:45 AM - 8:45 AM	<b>Spin   Selena</b> 9 AM - 9:45 AM	<b>Step Interval   Diane</b> 7:45 AM - 8:45 AM	<b>Spin   Stephanie</b> 7:15 AM - 8:15 AM
<b>Spin   Selena</b> 8:30 AM - 9:30 AM	<b>Yoga   Poyee</b> 9 AM - 10 AM	<b>Aqua Blast   Selena</b> 10 AM - 10:45 AM	<b>Yoga   Poyee</b> 9 AM - 10 AM	<b>Aqua Blast   Selena</b> 10 AM - 10:45 AM	<b>Total Body   Nicole</b> 9 AM - 10 AM	<b>WERQ   Corey</b> 8:30 AM - 9:30 AM
<b>Zumba   Nisey</b> 9:30 AM - 10:30 AM	<b>WERQ   Corey</b> 10:15 AM - 11:15 AM	<b>Cardio/Conditioning   Kathleen</b> 10:15 AM - 11:15 AM	<b>Zumba   Nancy</b> 10:15 AM - 11:15 AM	<b>Barre   Corey</b> 10:15 AM - 11:15 AM	<b>Aqua Blast   Selena</b> 9:30 AM - 10:15 AM	<b>Yoga   Gabrielle</b> 9:30 AM - 10:30 AM
<b>STT   Carolina</b> 10:45 AM - 11:45 AM	<b>Aqua Tone   Nicole</b> 11 AM - 12 PM	<b>AOA   Kathleen</b> 11:30 AM - 12:20 PM	<b>Aqua Tone   Nicole</b> 11 AM - 12 PM	<b>AOA   Selena</b> 11:30 AM - 12:20 PM	<b>Mat &amp; Mobility   Kallie</b> 10:15 AM - 11:15 AM	<b>Spin &amp; Core   Leah</b> 10:30 AM - 11:15 AM
	<b>Senior Fit   Peter</b> 11:30 AM - 12:20 PM	<b>Barre   Kallie</b> 4:30 PM - 5:15 PM	<b>AOA   Nancy</b> 11:30 AM - 12:20 PM	<b>Barre &amp; Mobility   Kallie</b> 4:30 PM - 5:15 PM	<b>Chair Yoga   Gerri</b> 11:30 AM - 12:20 PM	<b>Zumba   Joanna</b> 10:30 AM - 11:30 AM
	<b>Bootcamp   Angel</b> 3 PM - 3:50 PM	<b>WERQ   Kat</b> 5:15 PM - 6:15 PM	<b>WERQ   Kat</b> 4:30 PM - 5:15 PM	<b>WERQ   Corey</b> 5:15 PM - 6:15 PM	<b>Barre   Ritchie</b> 4:30 PM - 5:30 PM	
	<b>Bootcamp   Angel</b> 4 PM - 4:50 PM	<b>Water Aerobics   Kim</b> 6 PM - 7 PM	<b>STT   Tammy</b> 5:15 PM - 6:15 PM	<b>Water Aerobics   Kim</b> 6 PM - 7 PM	<b>Zumba   Holly</b> 5:30 PM - 6:30 PM	
	<b>Body Pump   Corey</b> 5:15 PM - 6:15 PM	<b>HIIT   Selena</b> 6:15 PM - 7:15 PM	<b>HIIT   Kathleen</b> 6:30 PM - 7:30 PM	<b>Total Body   Ritchie</b> 6:15 PM - 7:15 PM		
	<b>Spin   Kallie</b> 6 PM - 7 PM			<b>Yoga   Maris</b> 7:15 PM - 8:15 PM		
	<b>WERQ   Kat</b> 6:30 PM - 7:30 PM					
	<b>Yoga   Ritchie</b> 7:30 PM - 8:30 PM					

**Locations & Color Key:**

- Studio A**
- Pavilion**
- Pool**
- Fitness Floor**
- Functional Fitness Room**