



Harvey E. Najim Family YMCA
January 22nd - January 28th

3122 Roosevelt
SAN ANTONIO, TX 78214
210-538-0555

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
8am	Senior Fitness Studio 1 Liz A 8am - 8:55am	Senior Fitness Studio 1/ Queenax Martha M 8am - 8:55am	Senior Fitness Studio 1/ Queenax Martha M 8am - 8:55am	Senior Fitness Studio 1/ Queenax Martha M 8am - 8:55am	Senior Fitness Studio 1/ Queenax Martha M 8:30am - 9:25am		SilverSneakers® CLASSIC Studio 1 Lindsey W 8am - 8:55am
9am	Line Dancing Studio 1 Alessandra S 9am - 9:55am	ZUMBA™GOLD Studio 1 Maria M 9am - 9:55am	Line Dancing Studio 1 Martha M 9am - 9:55am	ZUMBA™ Studio 1 Maria M 9am - 9:55am	ZUMBA™ Studio 1 Alessandra S 9:30am - 10:25am		ZUMBA™ SENTAO Studio 1 Maria M 9am - 9:55am
10am	Y Fit Studio 1 Martha M 10am - 10:55am	Yoga Studio 1 Maria M 10am - 10:55am	Cycle - Long Ride Studio 1 Alessandra S 10am - 10:55am	Chair Yoga Studio 1 Maria M 10am - 10:55am	Boot Camp Studio 1 Alessandra S 10:30am - 11:25am		Chair Yoga Studio 1 Maria M 10am - 10:55am
11am					Yoga Studio 1 Olivia E 11:30am - 12:30pm		
5pm	LES MILLS™ GRIT STRENGTH Studio 1 Celeste M 5:30pm - 6pm	Guns & Buns Studio 1 Alessandra S 5pm - 5:55pm	LES MILLS™ GRIT STRENGTH Studio 1 Celeste M 5:30pm - 6pm				Guns & Buns Studio 1 Alessandra S 5pm - 5:55pm
6pm	Boot Camp Airnasium Celeste M 6pm - 6:55pm	Night Club Cardio Studio 1 Dayanara R 6pm - 6:55pm	Body Combat Studio 1 Mandi J 6pm - 6:55pm	ZUMBA™ Studio 1 Alessandra S 6pm - 6:55pm			ZUMBA™ Studio 1 Lauren P 6pm - 6:55pm
	ZUMBA™ Studio 1 Sandra R 6pm - 6:55pm	Y Kids Fit Airnasium Ashley P 6:15pm - 7:15pm	Boot Camp Airnasium Alessandra S 6pm - 6:55pm				Y Kids Fit Airnasium Ashley P 6:15pm - 7:15pm
7pm	SpinPower Studio 1 Mandi J 7pm - 7:55pm	SpinPower Studio 1 Mandi J 7:15pm - 8:15pm	ZUMBA™ Studio 1 Alessandra S 7pm - 7:55pm	Bokwa® Dance Studio 1 Liz A 7pm - 7:55pm			LES MILLS™ BODYPUMP Studio 1 Linda R 7pm - 7:55pm
8pm	Yoga Studio 1 Maria M 8pm - 8:55pm		Yoga Studio 1 Maria E 8pm - 8:55pm				Step It Up Studio 1 Alessandra S 8pm - 8:55pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.