



Boerne Family YMCA
January 22nd - January 28th

820 Adler Road
Boerne, TX 78006
830-815-1040

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	SpinPower Cycle Studio Jane Bujnoch 5:30am - 6:15am	Fit Path All Day Wellness Floor 5:30am - 6:30am	SpinPower Cycle Studio Jane Bujnoch 5:30am - 6:15am	Fit Path All Day Wellness Floor 5:30am - 6:30am	Fit Path All Day Wellness Floor 5:30am - 6:30am		Fit Path All Day Wellness Floor 5:30am - 6:30am
	Fit Path All Day Wellness Floor 5:30am - 6:30am		Fit Path All Day Wellness Floor 5:30am - 6:30am				HIIT 45 Community Room Jane Bujnoch 5:45am - 6:30am
8am	LES MILLS™ BODYPUMP Group Exercise Studio Cheryl Smith 8:15am - 9:15am	Trekking Wellness Floor Jennifer McCall 8:15am - 9am	LES MILLS™ BODYPUMP Group Exercise Studio Carol Fuentes 8:15am - 9:15am	LES MILLS™ BODYCOMBAT Group Exercise Studio Candi Kaiawe 8:15am - 9:15am	LES MILLS™ BODYPUMP Group Exercise Studio Kaci Hunter 8:45am - 9:45am		Trekking Wellness Floor Jennifer McCall 8:15am - 9am
	Les Mills GRIT series Community Room Whitney Bailey 8:30am - 9am	HIIT 45 Group Exercise Studio Briana Scanlan 8:30am - 9:15am	Basic Pilates Spirit, Mind and Body Studio Courtney Barkley 8:30am - 9:30am				LES MILLS™ BODYSTEP Community Room Whitney Bailey 8:30am - 9:15am
	Pole Walking Kronkosky Place Lindsey Woessner 8:45am - 10am		Les Mills GRIT series Community Room Kim Baum 8:30am - 9am				Basic Plus Pilates Spirit, Mind and Body Studio Cheryl Smith 8:30am - 9:30am
9am	DayHab Community Room Staff YMCA 9am - 2:30pm	SilverSneakers® CLASSIC Community Room Lisa Hamilton 9:15am - 10:15am	DayHab Community Room Staff YMCA 9am - 2:30pm	LES MILLS™ SPRINT Cycle Studio Briana Scanlan 9am - 9:30am	Les Mills GRIT series Community Room Whitney Bailey 9am - 9:30am		LES MILLS™ SPRINT Cycle Studio Briana Scanlan 9am - 9:30am
	SilverSneakers® CLASSIC Community Room Marci Blatt 9:15am - 10:15am	Women On Weights Wellness Floor Lisa Wright 9:15am - 10:15am	SilverSneakers® CLASSIC Community Room Lindsey Woessner 9:15am - 10:15am	SILVER SNEAKER YOGA STRETCH Community Room Lisa Hamilton 9:15am - 10:15am	Les Mills Barre/BodyFlow Combo Community Room Sara Postalwait 9:45am - 10:45am		SILVER SNEAKER YOGA STRETCH Community Room Patricia Lehmann 9:15am - 10:15am
	POUND® Group Exercise Studio Courtney Barkley 9:20am - 10:15am	LES MILLS™ BODYPUMP Group Exercise Studio Courtney Barkley 9:20am - 10:20am	CORE AND STEP Group Exercise Studio Cheryl Smith 9:20am - 10:20am	Women On Weights Wellness Floor Lisa Wright 9:15am - 10:15am			LES MILLS™ BODYPUMP Group Exercise Studio Kim Baum 9:20am - 10:20am
	SpinPower Cycle Studio Karen Aldrich 9:30am - 10:15am		SpinPower Cycle Studio Karen Aldrich 9:30am - 10:15am	LES MILLS™ BODYPUMP Group Exercise Studio Cheryl Smith 9:20am - 10:20am			Intermediate Pilates Spirit, Mind and Body Studio Cheryl Smith 9:30am - 10:30am
	Basic Pilates Spirit, Mind and Body Studio Selma Angelucci 9:30am - 10:30am		Pilates Reformer Jump Board Spirit, Mind and Body Studio Courtney Barkley 9:30am - 10:30am				
10am	LES MILLS™ Barre Community Room Sara Postalwait 10:20am - 11:20am	SilverSneakers® CIRCUIT Community Room Lisa Wright 10:20am - 11:20am	LES MILLS™ Barre Community Room Sara Postalwait 10:20am - 11:20am	ZUMBA™ Group Exercise Studio Lisa Wright 10:30am - 11:30am	LES MILLS™ BODYCOMBAT Group Exercise Studio Whitney Bailey 10am - 10:55am	Fit Path All Day Wellness Floor 10:15am - 4pm	SILVER SNEAKER YOGA STRETCH Community Room Patricia Lehmann 10:20am - 11:20am

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.



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	Jump Board Interval Spirit, Mind and Body Studio Lindsey DiGiosia 10:30am - 11:20am	ZUMBA™ Group Exercise Studio Courtney Barkley 10:30am - 11:25am	SilverSneakers® CLASSIC Kronkosky Place Marci Blatt 10:30am - 11:30am				Rhythm and Resistance Group Exercise Studio Cheryl Smith 10:30am - 11:25am
	ZUMBA™ Group Exercise Studio Courtney Barkley 10:30am - 11:30am		Intermediate Pilates Spirit, Mind and Body Studio Cheryl Smith 10:30am - 11:30am				
	SilverSneakers® CLASSIC Kronkosky Place Marci Blatt 10:30am - 11:30am						
11am	Yoga Group Exercise Studio Lisa Hamilton 11:30am - 12:30pm	Mat Pilates Group Exercise Studio Courtney Barkley 11:30am - 12:30pm	LES MILLS™ BODYFLOW Group Exercise Studio Whitney Bailey 11:30am - 12:30pm	Yoga Group Exercise Studio Lisa Hamilton 11:30am - 12:30pm			Mat Pilates Group Exercise Studio Lisa Hamilton 11:30am - 12:30pm
12pm	Les Mills GRIT series Group Exercise Studio Briana Scanlan 12:35pm - 1:05pm	LES MILLS™ BODYPUMP Express Community Room Sara Postalwait 12:15pm - 1pm		LES MILLS™ BODYPUMP Express Group Exercise Studio Sara Postalwait 12:35pm - 1:20pm			LES MILLS™ BODYPUMP Express Group Exercise Studio Courtney Barkley 12:35pm - 1:20pm
1pm			Intermediate Pilates Spirit, Mind and Body Studio Courtney Barkley 1pm - 2pm				Intermediate Pilates Spirit, Mind and Body Studio Courtney Barkley 1:15pm - 2:15pm
2pm						LES MILLS™ BODYFLOW Group Exercise Studio Sara Postalwait 2pm - 2:30pm	
						Yoga Group Exercise Studio Terry Lashley 2:45pm - 3:45pm	
4pm	LES MILLS™ BODYCOMBAT Group Exercise Studio Whitney Bailey 4:15pm - 5:05pm	LES MILLS™ CXWORX Group Exercise Studio Sara Postalwait 4:15pm - 5pm	LES MILLS™ BODYSTEP Group Exercise Studio Whitney Bailey 4:15pm - 5pm	LES MILLS™ BODYCOMBAT Group Exercise Studio Candi Kaiawe 4:30pm - 5pm			LES MILLS™ BODYCOMBAT Group Exercise Studio Candi Kaiawe 4:15pm - 5pm
	Wellbeats Lower Community Room Sara Postalwait 4:30pm - 5:30pm	LES MILLS™ SPRINT Cycle Studio Briana Scanlan 4:50pm - 5:20pm					
5pm	Core and More Group Exercise Studio Carol Fuentes 5:15pm - 6:10pm	LES MILLS™ BODYPUMP Group Exercise Studio Cheryl Smith 5:10pm - 6:10pm	Les Mills GRIT series Group Exercise Studio Whitney Bailey 5:10pm - 5:40pm				LES MILLS™ BODYFLOW Community Room Sara Postalwait 5pm - 6pm

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							LES MILLS™ BODYPUMP Group Exercise Studio Carol Fuentes 5:15pm - 6:15pm
							LES MILLS™ SPRINT Cycle Studio Rachel Watson 5:30pm - 6pm
6pm	ZUMBA™ TONING Group Exercise Studio Sylvia Lugo 6:15pm - 7:15pm	Yoga Community Room Terry Lashley 6pm - 7pm					Les Mills GRIT series Community Room Briana Scanlan 6pm - 6:30pm
		ZUMBA™ STEP Group Exercise Studio Sylvia Lugo 6:15pm - 7:15pm					

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