Group Exercise @ Pierson Road YMCA
October 29th - November 4th

	TUE 29	WED 30	THU 31	FRI 1	SAT 2	SUN 3	MON 4
8am	**Morning Flow & Meditation Yoga** Rickita H. 8am - 9am		**Morning Flow & Meditation Yoga** Rickita H. 8am - 9am		**Cardio Circuit** Deirdre B / Christel D . 8am - 8:50am		
9am	**Cardio Circuit** Hanna Abuaita 9:15am - 10:15am	**Tabata Interval Training** Rosleen H. 9am - 10am	**Power Hour** Megan Butterfield 9am - 10am	**H.I.T.T** Zachary Thamm 9:15am - 10am	**AMRAP Attack** Megan Butterfield 9am - 9:50am		**Cardio Pump** Hanna Abuaita 9:15am - 10:10am
			Senior Circuit Kamar Ingram 9am - 10am				
			Group Cycling Rosleen H. 9:15am - 10:15am				
10am		**Calisthenics to the core** Kamar Ingram 10:15am - 11am	**Senior Strong** Kamar Ingram 10:15am - 11am	**ABSalute Conditioning** Zachary Thamm 10am - 10:30am	**Cardio Step** Deirdre B. 10:15am - 11:15am		**Ab Attack** Hanna Abuaita 10:15am - 10:45am
11am	**Stretch & Flex** Zachary Thamm 11:15am - 12pm			**Gentle Yoga** Rickita H. 11:30am - 12:15pm	**The Core (Beginner Pilates)** Marie W. 11:30am - 12:30pm		**Stretch & Flex** Kamar Ingram 11am - 12pm
12pm	**Chair Yoga** Zachary Thamm 12:30pm - 1:15pm			**Chair Mobility Yoga** Rickita H. 12:45pm - 1:30pm			
5pm	**Youth Fitness** Kamar Ingram 5:30pm - 6:15pm	**EMOM -Every Minute on The Minute** Zachary Thamm 5pm - 5:30pm	**Youth Fitness** Kamar Ingram 5:30pm - 6:30pm				
		Barre & yoga fusion Nicole L. 5:45pm - 6:45pm					
6pm	**The Powerhouse (Intermediate Pilates)** Marie W. 6:45pm - 7:30pm		**F.I.T. Camp** Kamar Ingram 6:30pm - 7:30pm				**The Burn (step aerobics)** Marie W. 6pm - 6:45pm
7pm		**Intro to Strength Total Body** Zachary Thamm 7pm - 8pm					**Zumba** Marie W. 7pm - 7:50pm
8pm							**Cycling / The Edge** Marie W. 8pm - 8:30pm

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.