



YMCA O'Brien Center

May 5th - May 11th

321 E. Walter Street
South Bend, IN 46614
5742993482

	SUN 5	MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
5am		RIP Studio 3 Pita C. 5:15am - 6:15am	CST Studio 3 Ashley R. 5:15am - 6:15am	Open Gym Gymnasium 5am - 9am	Open Gym Gymnasium 5am - 9am	Open Gym Gymnasium 5am - 9am	
					CST Studio 3 Ashley R. 5:15am - 6:15am		
6am				Cycling Studio 2 Ashley M. 6am - 6:45am			
7am							Open Gym Gymnasium 7am - 3:45pm
							Cycling Studio 2 Melissa C 7:30am - 8:30am
8am		Les Mills Tone™ Studio 1 Rian H 8am - 8:45am				Les Mills Grit™ Studio 1 Anna W. 8am - 8:45am	Cardio Pump Studio 3 Ashley R. 8:45am - 9:45am
9am	Open Gym Gymnasium 9am - 1:45pm	Body Toning Studio 3 Missy R. 9am - 10am	Pickleball Gymnasium 9am - 12pm	Cycling Studio 2 Arianna J 9am - 10am	Les Mills BodyPump™ Studio 1 Heather Z. 9am - 10am	Les Mills BodyPump™ Studio 1 Rian H 9am - 9:45am	
	Les Mills BodyPump™ Studio 3 Mandy M 9:15am - 10:15am	Cycling Studio 2 Nicci D 9am - 10am	Zumba® Studio 3 Rian H 9am - 10am	Body Toning Studio 3 Missy R. 9am - 10am	Pickleball Gymnasium 9am - 12pm	Body Toning Studio 3 Missy R. 9am - 10am	
		Les Mills Grit™ Studio 1 Heather Z. 9am - 9:45am		Les Mills Grit/Core™ Studio 1 Sarah V. 9am - 10am	Zumba® Studio 3 Nicci D 9am - 10am	Cycling & Strength Studio 2 Nicci D 9am - 10:15am	
		Pickleball Gymnasium 9am - 12pm		Pickleball Gymnasium 9am - 12pm		Pickleball Gymnasium 9am - 12pm	
10am	Les Mills RPM™ Studio 2 Rian H 10am - 10:45am	BARRE Fusion Studio 1 Nicci D 10:15am - 11:15am	Senior Fit (Virtual Option) Studio 3 Ruby J 10:30am - 11:15am	Les Mills BodyBalance™ Studio 1 Sarah V. 10:15am - 11am	Gentle Yoga Studio 1 Karin L. 10:15am - 11:15am	Les Mills BodyBalance™ Studio 1 Rian H 10:15am - 11:15am	Les Mills BodyPump™/Core™ Studio 1 Ashleigh T. 10am - 11am
		Low Impact Fitness Studio 3 Kim H. 10:15am - 11am		Low Impact Fitness Studio 3 Kim H. 10:15am - 11am	Senior Fit (Virtual Option) Studio 3 Ruby J 10:30am - 11:15am	Low Impact Fitness Studio 3 Kim H. 10:15am - 11am	DanceFit Studio 3 Jenni S 10am - 10:45am

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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11am	Les Mills BodyBalance™ Studio 3 Rian H 11am - 12pm	Intrepid Phoenix Fitness (Registration Required) Studio 3 Kerri A. 11:30am - 12:30pm		Intrepid Phoenix Fitness (Registration Required) Studio 3 Kerri A. 11:30am - 12:30pm			
12pm	Women's Low Impact Studio 3 Rian H 12:15pm - 1pm	Open Gym Gymnasium 12pm - 8:45pm	Open Gym Gymnasium 12pm - 5pm	Open Gym Gymnasium 12pm - 8:45pm	MetCon Studio 3 Anna W. 12pm - 1pm	Open Gym Gymnasium 12pm - 8:45pm	
					Open Gym Gymnasium 12pm - 8:45pm		
1pm		Senior Fit (Virtual Option) Studio 3 Ruby J 1pm - 1:45pm		Senior Fit (Virtual Option) Studio 3 Ruby J 1pm - 1:45pm			
4pm		Core Yoga Studio 3 Diane H. 4pm - 5pm	Intrepid Phoenix Fitness (Registration Required) Studio 3 Kerri A. 4pm - 4:45pm		Intrepid Phoenix Fitness (Registration Required) Studio 1 Kerri A. 4pm - 4:45pm	Core Yoga Studio 3 Diane H. 4pm - 5pm	
			Rockwall Rockwall 4pm - 7pm				
5pm		Cardio Pump Studio 3 Ashley R. 5:30pm - 6:30pm	City of SB - Basketball Gymnasium 5pm - 8:45pm	Cardio Pump Studio 3 Ashley R. 5:30pm - 6:30pm	Les Mills Tone™ Studio 1 Nicci D 5pm - 5:45pm	Les Mills BodyPump™ Studio 3 Kim H. 5:30pm - 6:30pm	
		Cycling Studio 2 Melissa C 5:30pm - 6:30pm	Cardio Kickboxing Studio 3 Diana M. 5:15pm - 6:30pm	Cycling Studio 2 John P 5:30pm - 6:30pm			
				StayStrong (registration required) Studio 1 YMCA Staff 5:30pm - 6:15pm			
6pm		Les Mills BodyPump™ Studio 3 Heather Z. 6:45pm - 7:45pm		DanceFit Studio 3 Jenni S 6:45pm - 7:30pm	Les Mills Grit™ Studio 3 Heather Z. 6pm - 6:45pm		
					Pilates Studio 1 Rian H 6pm - 6:45pm		

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7pm

SUN 5	MON 6	TUE 7	WED 8	THU 9	FRI 10	SAT 11
		Women's Kickboxing Studio 3 Lauren S 7pm - 7:45pm	Women's BODYPUMP™ Studio 3 Kim H. 7:45pm - 8:30pm	Zumba® Studio 3 Rian H 7pm - 8pm		

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