



Crosby YMCA Family Center

GROUP EXERCISE

Time		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Upstairs Cycle Loft	Cardio Cycling (45 min)		Cardio Cycling (45 min)				
	Fitness Studio		Muscle Conditioning		Muscle Conditioning			
7:00am	Fitness Studio			Tai Chi		Tai Chi		
8:00am	Fitness Studio	Yoga	Muscle Conditioning	Yoga	Muscle Conditioning	Yoga		
9:00am	Fitness Studio	Basic Fitness (30 min)	Mommy & Me Yoga ALL AGES (30 min)	Basic Fitness (30 min)		Basic Fitness (30 min)	Saturday Special (See Calendar)	
9:30am	Upstairs Cycle Loft	Cardio Cycle & Core (45 min)		Cardio Cycle & Core (45 min)		Cardio Cycle & Core (45 min)		
	Fitness Studio	Zumba	Yoga	Cardio Conditioning	Yoga	Cardio Dance		
10:00am	Upstairs Cycle Loft		Beg. Cardio Cycle & Stretch (45 min)		Beg. Cardio Cycle & Stretch (45 min)			Cardio Cycling
	Fitness Studio						Pilates	
	Multi-Purpose	Stretch (30 min)		Stretch (30 min)		Stretch (30 min)		
10:30am	Fitness Studio	Balance & Flexibility (45 min)	Cardio Strength	Balance & Flexibility		Balance & Flexibility		
11:00am	Fitness Studio							
11:30am	Fitness Studio	Muscle Toning (Chair)		Muscle Toning (Chair)		Muscle Toning (Chair)		Pilates
12:30pm	Fitness Studio	Pilates (85 min)		Yoga (Chair)		Yoga (Chair)		
1:00pm	Fitness Studio				Zumba			
4:30pm	Fitness Studio	Muscle Conditioning	Family Fitness (30min) ages 3 & up	Muscle Conditioning	Family Fitness (30min) ages 3 & up			
5:30pm	Fitness Studio	Cardio Step		Cardio Step		Yoga		
5:30pm	Upstairs Cycle Loft		Beg. Cardio Cycling (30 min)		Beg. Cardio Cycling (30 min)			
6:00pm	Fitness Studio		Beginner Yoga (30 min)					
	Upstairs Cycle Loft	Triathlon Cycling (90 min)		Triathlon Cycling (60 min)				
6:30pm	Fitness Studio	Sport Stretch	Yoga	Sport Stretch	Yoga			
7:30pm	Fitness Studio	Cardio Ballroom Dance	Kickboxing		Pilates			

Schedule Key

Type of Class

- Strength
- Cardio
- Combination
- Spirit-Mind-Body
- Youth/Family Classes

All Classes Can be Modified to All Fitness Levels

Classes with less than 15 participants on average will be subject to change.