

# Y Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	*Group Cycle	Body Flex	*Group Cycling	Cardio Circuit	*Group Cycling	<b>*Cycling Room</b> <b>**Yoga-lates on Thursdays will begin the 1st week of October.</b> All Classes are 55 minutes	
6:00 AM					Karate		
8:00 AM	Cardio Fitness	Cardio Interval	Cardio Fitness	Cardio Interval	Cardio Fitness		
9:00 AM	Cardio Interval	Zumba	Cardio Interval	20/20/20	Zumba	Cardio Rota-	
9:00 AM	*Group Cycling	*Group Cycling	*Group Cycling	*Group Cycling	*Group Cycling	*Group Cycling	
10:00 AM	Crunch! (15 Min)	Crunch! (15 Min)	Crunch! (15 Min)	Crunch! (15 Min)	Crunch! (15 Min)	Crunch! (15 Min)	
10:15 AM	Zumba	Yoga-lates	Power Dance	<b>**Yoga-lates</b>	Cardio Interval	Zumba	
11:15 AM	Mommy & Me (30min)						Karate 11:00 AM (90 Min.)
12:00 PM	Yoga Rehab. (45 min)	Rockin' Ride (30 min)	Yoga Rehab (45 min)	Rockin' Ride (30 min)	Yoga Rehab. (45 min)		*Cycling Rotation 11:45AM
1:00 PM	<b>Y</b>	<b>M</b>	<b>Itty Bitty Sports (30 min)</b>	<b>C</b>	<b>A</b>	<b>!</b>	Yoga
3:30 PM							
4:15 PM	Cardio Kids (30 Min)		Cardio Kids (30 Min)		Karate (90 Min.)		
4:30 PM *4:45 pm	*Sculpt 'N Abs 4:45-5:30	Sculpt 'N Abs (4:30-5:15)		Sculpt 'N Abs (4:30-5:15)			
5:00 PM *5:15 PM		<b>*Group Cycling (5:15-6:00)</b>	Kid's Power Dance Party (5:00-5:30)	<b>*Group Cycling (5:15-6:00)</b>			
5:30 PM	Cardio Step (45 min)	Cardio Interval (45 min)	Power Dance (45 min)	Athletic Fusion			
5:30 PM	*Group Cycling		*Group Cycling		*Group Cycling		
6:15 PM	Crunch! (15 min)	Crunch! (15 min)	Crunch! (15 min)	Crunch! (15 min)			
6:30 PM	Total Body Sculpt	Yoga	Total Body Sculpt	Zumba	Yoga		
7:30PM	Group Cycling (30min)						
7:45 PM	Karate		Karate				