GROUP EXERCISE SCHEDULE

(SUBJECT TO CHANGE)

Pav YMCA **Spring Session 2: 4/18/2022-6/12/2022**

GROUP EXERCISE CLASSES (16+ yrs):
Indoor Cycle
Boot Camp
Interval Training
Cardio Blast
Yoga
Zumba

GROUP EXERCISE CLASSES (55+ yrs):
Silver Sneakers
Active Older Adults
Chair Yoga

Water Works (Pool)
Water Arthritis (Pool)

GROUP EXERCISE (ALL AGES):
LiveStrong @ the YMCA

*All ages need physician approval to join.

Group Exercise Classes are free with membership.

	SUN	MON	TUE	WED	THU	FRI	SAT
	Opens 8am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 7am
AM CLASSES							
6:00 AM			Indoor Cycle North Gym 6-7a		Indoor Cycle North Gym 6-7a		
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							Water Arthritis Pool 7:15-8a
7:30 AM							
7:45 AM							
8:00 AM		Silver Sneakers Dance Studio 8-9a	Silver Sneakers Dance Studio 8-9a / Active Older Adults North Gym 8-9a	Silver Sneakers Dance Studio 8-9a	Silver Sneakers Dance Studio 8-9a		
8:15 AM							Boot Camp North Gym 8-9a
8:30 AM							
8:45 AM							
9:00 AM	Indoor Cycle North Gym 9-10a	Silver Sneakers Dance Studio 9-10a	Water Works Pool 9-10a / Chair Yoga Dance Studio 9-10a	Silver Sneakers Dance Studio 9-10a	Water Works Pool 9-10a / Chair Yoga Dance Studio 9-10a	Silver Sneakers Dance Studio 9-10a / Cardio Blast North Gym 9-10a	Zumba Dance Studio 9-10a
9:15 AM							
9:30 AM		Boot Camp North Gym 9:30-10:30a	Interval Training North Gym 9:30-10:30a	Cardio Blast North Gym 9:30-10:30a	Boot Camp North Gym 9:30-10:30a		
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
PM CLASSES							
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM					LiveStrong @ the YMCA Dance Studio 5-6p		
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM		Boot Camp North Gym 6-7p	Boot Camp North Gym 6-7p	Boot Camp North Gym 6-7p			
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM		Zumba Dance Studio 7-8p			Yoga Dance Studio 7-8p		
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM							
	*CLOSES AT 2:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 2:45P