



GROUP EXERCISE SCHEDULE

(SUBJECT TO CHANGE)

Pav YMCA Spring Session 2
4/17/2023-6/11/2023

GROUP EXERCISE CLASSES (16+ yrs):

Boot Camp
 Cardio Blast
 Dance Fitness
 Indoor Cycle
 Interval Training
 Yoga
 Zumba

GROUP EXERCISE CLASSES (55+ yrs):

Active Older Adults
 Chair Yoga
 Shake & Twist
 Silver Sneakers

Water Arthritis (Pool)
 Water Works (Pool)

GROUP EXERCISE RESTORATIVE HEALTH CLASSES (ALL AGES):

LiveStrong @ the YMCA
 Wellness House Yoga

*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							
7:30 AM							Water Arthritis Pool 7:15-8a
7:45 AM							
8:00 AM	Indoor Cycle North Gym 8-9a	Silver Sneakers Dance Studio 8-8:50a	Silver Sneakers Dance Studio 8-8:50a	Active Older Adults North Gym 8-8:55a	Silver Sneakers Dance Studio 8-8:50a	Silver Sneakers Dance Studio 8-8:50a	
8:15 AM							
8:30 AM		Shake & Twist North Gym 8:30-9:15a			Shake & Twist North Gym 8:30-9:15a		Boot Camp North Gym 8-9a
8:45 AM							
9:00 AM		Silver Sneakers Dance Studio 9-9:50a	Water Works Pool 9-9:45a	Chair Yoga Dance Studio 9-10a	Silver Sneakers Dance Studio 9-9:50a	Silver Sneakers Dance Studio 9-9:50a	
9:15 AM							
9:30 AM							
9:45 AM							
10:00 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	Cardio Blast North Gym 9:30-10:30a	Zumba Dance Studio 9:30-10:30a
10:15 AM							LiveStrong Wellness Studio 10-11:15a
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							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM		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	Zumba Dance Studio 7-8p		Wellness House Yoga Dance Studio 6:30-7:30p	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