



# GROUP EXERCISE SCHEDULE

(SUBJECT TO CHANGE)

**Pav YMCA Fall Session 1**  
**9/5/2023-10/29/2023**

*Group Exercise classes are free with membership!*

## GROUP EXERCISE CLASSES (16+ yrs):

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

## GROUP EXERCISE CLASSES (55+ yrs):

Active Older Adults  
 Chair Yoga  
 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.

	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							
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM							
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							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM							
7:00 PM							
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