



GROUP EXERCISE SCHEDULE

(SUBJECT TO CHANGE)

Pav YMCA Fall Session 2
10/30/2023-12/23/2023

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							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								Boot Camp North Gym 8-8:50a					
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	Water Works Pool 9-9:45a	Chair Yoga Dance Studio 9-10a	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	Cardio Blast North Gym 9:30-10:30a	Boot Camp North Gym 9:30-10:30a	Interval Training North Gym 9:30-10:30a	Cardio Blast North Gym 9:30-10:30a	Zumba Dance Studio 9:30-10:30a	Livestrong Wellness Studio 10-11:15a					
10:15 AM													
10:30 AM													
10:45 AM													
11:00 AM					Livestrong Wellness Studio 10:45a-12p								
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		Strength Conditioning North Gym 6-6:45p		Strength Conditioning North Gym 6-6:45p									
6:15 PM													
6:30 PM						Wellness House Yoga Dance Studio 6:30-7:30p							
6:45 PM													
7:00 PM		Zumba Dance Studio 7-8p	Livestrong Wellness Studio 7-8:15p	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