



GROUP EXERCISE SCHEDULE

(SUBJECT TO CHANGE)

Pav YMCA Winter Session
1/8/2024-2/18/2024

GROUP EXERCISE CLASSES (16+ yrs):

- Boot Camp
- Cardio Blast
- Indoor Cycling
- Interval Training
- Strength & Tone
- Yoga
- Zumba

GROUP EXERCISE CLASSES (55+ yrs):

- Active Older Adults #AOA
- Chair Yoga
- Shake & Twist
- Silver Sneakers

- Water Arthritis (Pool)
- Water Works (Pool)

GROUP EXERCISE RESTORATIVE HEALTH CLASSES (ALL AGES):

LiveStrong @ the YMCA
 Wellness House Stretching
 Through Cancer

*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							
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							
8:15 AM	Indoor Cycling North Gym 8-9a	Silver Sneakers Dance Studio 8-8:50a	Silver Sneakers Dance Studio 8-8:50a	Silver Sneakers Dance Studio 8-8:50a	Silver Sneakers Dance Studio 8-8:50a		Boot Camp North Gym 8-9a
8:30 AM			#AOA North Gym 8:30-9:25a			Shake/Twist North Gym 8:30-9:25a	Silver Sneakers Dance Studio 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	Water Works Pool 9-9:45a	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 Room A & B 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		Strength & Tone North Gym 6-6:50p		Strength & Tone North Gym 6-7p		LiveStrong Wellness Studio 6-7:15p	
6:15 PM							
6:30 PM					Wellness House Stretching Through Cancer Dance Studio 6:30-7:30p		
6:45 PM							
7:00 PM		Zumba Room A & B 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