



GROUP EXERCISE SCHEDULE

(SUBJECT TO CHANGE)

Pav YMCA Spring Session II
4/15/2024-6/9/2024

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	Indoor Cycling North Gym 8-9a	Silver Sneakers Dance Studio 8-8:50a	Silver Sneakers Dance Studio 8-8:50a	#AOA North Gym 8-8:55a	Silver Sneakers Dance Studio 8-8:50a	Silver Sneakers Dance Studio 8-8:50a	Shake & Twist North Gym 8-8:55a	Boot Camp North Gym 8-9a	Silver Sneakers Dance Studio 8-8:50a			
8:15 AM												
8:30 AM												
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												
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 Alumni 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	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

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*CLOSES AT 8:45P

*CLOSES AT 2:45P