



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								
6:15 PM					Strength & Tone North Gym 6:15-7:15p			Livestrong Alumni Wellness Studio 6-7:15p		
6:30 PM						Wellness House Stretching Through Cancer Dance Studio 6:30-7:30p				
6:45 PM										
7:00 PM										
7:15 PM		Zumba Room A & B 7-8p								
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 8:45P	*CLOSES AT 2:45P		