

GROUP EXERCISE SCHEDULE

RITE-HITE FAMILY YMCA

AUGUST 1st 2021– SEPTEMBER 20th 2021



MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
8:00-9:00	Senior Fitness	Studio 7	Kim
9:15-10:15	BODYPUMP®	Studio 6	Allison
9:15-10:15	Yoga	Studio 4	Angel
9:15-10:15	BODYSTEP®	Studio 7	Jen
PM			
1:00-1:45	SSFP Classic	Studio 7	Kim
4:45-5:45	BODYPUMP®	Studio 6	Stacy
5:45-6:45	Zumba	Gym	Trila
6:00-7:00	Adv. Interval Step	Studio 7	Lynda
6:15-7:15	BODYPUMP®	Studio 6	Jessica

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
AM			
8:00-9:00	BODYPUMP®	Studio 6	Jim
9:15-10:00	YChisel	Studio 6	Karen
9:15-10:15	Zumba	Studio 7	Staff
9:15-10:15	YCycle	Cycling Studio	Jim
10:15-11:15	Yoga	Studio 4	Levy
10:25-11:25	BODYCOMBAT®	Studio 7	Steve
11:35-12:35	BODYFLOW®	Studio 7	Steve
PM			
1:00-1:45	SSFP Circuit	Studio 7	Dawn
6:00-7:00	hYped	Studio 6	Tasha/Nicole
5:30-6:30	YStretch Flow	Studio 7	Denisse

TUESDAY

AM			
8:00-9:00	BODYPUMP®	Studio 6	Jim
9:15-10:00	YCycle	Cycling Studio	Jim
9:15-10:15	Y-Chisel	Studio 6	Karen
9:15-10:15	Zumba	Studio 4	Staff
9:15-10:15	BODYCOMBAT®	Studio 7	Eva
10:30-11:30	BODYFLOW®	Studio 7	Eva
PM			
1:00-1:45	SSFP Circuit	Studio 7	Kim
6:00-7:00	hYped	Studio 6	Tasha/Nicole
5:30-6:30	YStretch Flow	Studio 7	Denisse

FRIDAY

AM			
8:00-9:00	Senior Fitness	Studio 7	Eliza
9:15-10:15	Power Yoga	Studio 7	Denisse
9:15-10:15	BODYPUMP®	Studio 6	Jim

WEDNESDAY

AM			
8:00-8:45	Senior Fitness	Studio 7	Karen
9:15-10:15	BODYPUMP®	Studio 6	Eva
9:15-10:15	Yoga	Studio 4	Levy
10:00-11:00	Tai Chi	Studio 7/TC	Staff
10:30-11:30	BODYFLOW®	Studio 6	Eva
PM			
1:00-1:45	SSFP Classic	Studio 7	Kim
4:00-5:00	Yoga	Studio 7	Angel
4:45-5:45	BODYPUMP®	Studio 6	Stacy
6:00-7:00	Zumba®	Studio 7	Tomia
6:00-7:00	Adv. Interval Step	Studio 6	Lynda

SATURDAY

AM			
8:15-9:15	Adv. Interval Step	Studio 7	Lynda
9:15-10:15	BODYPUMP®	Studio 6	Laura
9:15-10:15	Zumba	Gym	Trila
9:30-10:30	BODYFLOW®	Studio 7	Lynda

Please note that this schedule may be subject to change. Space and equipment will be first come first serve. Please check Group Expro for any class changes, subs, and any cancelations.

Thank you for continuing to support our programs. We will update this schedule as additional classes and programs become available.

QUESTIONS? Contact Brittney Campbell
Group Exercise Coordinator at bcampbell@ymcamke.org or
414.374.9405