# Group Fitness Schedule

Central YMCA  
11/7/16-12/22/16  
REVISED 11/28/16

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</table>
| **HIIT**  
Small Gym  
Deb G  
6am - 6:45am | **BODYPUMP**  
Large Gym  
Roseann B  
5:45am - 6:45am | **Spinning**  
Studio A  
Chris C  
6am - 6:45am | **BODYPUMP**  
Large Gym  
Ann H  
5:45am - 6:45am | **Spinning**  
Studio A  
Kristin R  
5:45am - 6:30am | **BODYPUMP**  
Large Gym  
Kristin R  
8am - 9am | **BODYPUMP**  
Large Gym Rotating Instructor  
9:30am - 10:30am |
| **Spinning**  
Studio A  
Rotating Instructor  
6am - 7am | **Spinning**  
Studio A  
Joel S  
6am - 6:45am | **HIIT**  
Small Gym  
Deb G  
6am - 7am | **Spinning**  
Studio A  
Joel S  
6am - 7am | **BODYATTACK**  
Small Gym  
Ann H  
5:45am - 6:30am | **Spinning**  
Studio A  
Liz S  
8am - 9:30am | **YogaFlex**  
Longwood Room  
Mia M  
10:30am - 11:30am |
| **Power Yoga**  
Longwood Room  
Chrisy S  
6:50am - 7:50am | **AquaFit**  
Pool  
Sandy W  
8am - 9am | **Barre**  
Studio B  
Maryann Q  
11:45am - 12:30pm | **Power Yoga**  
Longwood Room  
Maureen R  
6am - 6:45am | **BODYCOMBAT**  
Studio B  
Raina A  
11:45am - 12:30pm | **Aqua Flex and Flow**  
Pool  
Kathy S  
9am - 10am |
| **AquaFit**  
Pool  
Sandy W  
8am-9am | **Step Interval**  
Studio B  
Deb K  
12pm - 12:45pm | **Barre**  
Studio B  
Maryann Q  
11:45am - 12:30pm | **AquaFit**  
Pool  
Bill P  
8am - 9am | **Spinning**  
Studio A  
Michele C  
12:15pm - 1pm | **BODYCOMBAT**  
Large Gym  
Roseann B  
9:05am - 10:05am |
| **Zumba® Gold**  
Longwood Room  
Sandy J  
10:30am - 11:30am | **BODYFLOW**  
Longwood Room  
Maryann Q  
12pm - 12:45pm | **Spinning**  
Studio A  
Susan N  
12:15pm - 1pm | **BODYATTACK**  
Small Gym  
Megan H  
12:30pm - 1:15pm | **Active Flow Yoga**  
Longwood Room  
Jess R  
9:30am - 10:50am |
| **BODYCOMBAT**  
Studio B  
Megan H  
11:45am - 12:30pm | **HIIT**  
Small Gym  
Erik P  
12:30pm - 1:15pm | **BODYPUMP**  
Small Gym  
Dawn C  
11:45am - 12:30pm | **BODYATTACK**  
Large Gym  
Megan H  
12:30pm - 1:15pm | **Yoga Advanced**  
Large Gym  
Brittany S  
10:30am - 11:30am |
| **Spinning**  
Studio A  
Brad B  
12:15pm - 1pm | **Spinning**  
Studio A  
Scott A  
12:30pm - 1:15pm | **Core Challenge**  
Studio B  
Susan N  
12pm - 12:45pm | **BODYFLOW**  
Longwood Room  
Maryann Q  
12pm - 1:05pm | **Zumba® Gold**  
Longwood Room  
Brittany S  
12:15pm - 1:30pm |
| **BODYPUMP**  
Large Gym  
Deb K  
12:30pm - 1:15pm | **BODYPUMP**  
Small Gym  
Jess R  
4:30pm - 5:30pm | **CXWORX**  
Small Gym  
Deb K  
1:05pm - 1:15pm | **Spinning**  
Studio A  
Meagan M  
12:30pm - 1:15pm | **Core Challenge**  
Studio B  
Megan H  
1:05pm-1:20pm |
| **Pilates**  
Longwood Room  
Pat K  
1pm – 1:45pm | **Soul Line Dancing**  
Longwood Room  
Charlayne T  
5:30pm - 6:30pm | **CXWORX**  
Small Gym  
Kristin R  
5pm - 5:30pm | **BODYATTACK**  
Small Gym  
Megan H  
12:30pm - 1:15pm | **BODYPUMP**  
Large Gym Rotating Instructor  
5:30pm - 6:30pm |

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.
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