



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Gleason Family YMCA

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Senior Program Director

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Schedule Effective July 3, 2017

Group Exercise Room # 2

Highlighted classes require registration at the front desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35-6:35AM Cycle Lu	5:45-6:30AM BODYPUMP Suzan	5:45-6:45AM Cycle Bill	5:45-6:30 HIIT Squad Mac	5:45-6:45AM Cycle Bill		
8:15-9:15AM BODYPUMP Gail/Kim		8:15-9:15AM BODYPUMP Gail	8:45-9:45 Tabata Cycle Tara	8:30-9:30AM GRX Linda	8:00-9:00AM Cycle Rebecca	9:00-10:00 Cycle MaryAnn
9:45-10:45AM Tabata Cycle Kerry	Tai Chi 37 9:00-9:30AM Marybeth	9:30-10:30AM Cycle Maryann		9:45-10:45 H.I.I.T Camp Linda	9:00-10:00 Turbo Kick Melissa	
11:00-12:00 Ageless Health Lu	Tai Chi Fundamentals 9:30-10:30AM	10:45-11:45AM Pilates Holly		11:00-12:00 Ageless Health Lu	10:00-11:00 Piloxing Mac	
12:00-1:00 Parkinson Recovery John	12:00-1:00 Cycle/weight Deb		12:00-1:00 Cycle/weight Deb			
4:00-5:00PM Boot Camp Kerry		4:30-5:00PM Core Kerry		4:30-5:00PM Core Melissa		
5:00-5:30PM Core Melissa	4:45-5:45PM Zen Cycle Pam	5:00-5:30PM Tabata/HIIT Kelley	5:15-6:15pm Power Pilates Denise/Cindy	5:00-6:00PM GRX Melissa		
5:45-6:45pm GRX Melissa	6:00-7:00PM Cycle Phil	5:45-6:45PM BODYPUMP Suzanne				
7:00-8:00pm Cycle Niki			6:30-7:30PM Yoga Pam			