



VIGO COUNTY YMCA GROUP EXERCISE SCHEDULE JANUARY 5TH – FEBRUARY 29TH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM-9:15 AM CARDIO KICKBOXING ANDREA-STUDIO 1	8:30 AM-9:15 AM SPIN ANDREA-STUDIO 2	8:30 AM-9:15 AM REFIT SHAYLA- STUDIO 1	8:30 AM-9:15 AM ZUMBA Veronica- STUDIO 1	8:30 AM-9:15 AM REFIT SHERI- STUDIO 1	8:00 AM- 9:00 AM RPM/SPIN INSTRUCTOR VARIES-STUDIO 2
9:30 AM-10:15 AM PILATES ANDREA-STUDIO 1	9:30 AM-10:15 AM TOTAL BODY FUSION ANDREA-STUDIO 1	9:30 AM-10:15 AM BODY PUMP JENNIFER- STUDIO 1	8:30 AM-9:15 AM SPIN ANDREA-STUDIO 2	9:30 AM-10:15 AM PILATES ANDREA-STUDIO 1	9:00 AM-10:00 AM BODY PUMP INSTRUCTOR VARIES-STUDIO 1
10:30 AM-11:15 AM DRUMFIT KRISI-STUDIO 1	10:00AM-11:00AM SILVER SNEAKER INSTRUCTOR VARIES-GYM	10:30 AM-11:15 AM SILVER SNEAKER SHERI- STUDIO 1	9:30 AM-10:15 AM TOTAL BODY FUSION ANDREA-STUDIO 1	10:30 AM-11:15 AM SILVER SNEAKER SHERI- STUDIO 1	
	10:30AM-11:15AM POWER FLOW YOGA ANDREA-STUDIO 1		10:00AM-11:00AM SILVER SNEAKER INSTRUCTOR VARIES-GYM		
1:00 PM-1:45 PM SILVER SNEAKER KRISI-STUDIO 1		12:15 PM-1:00 PM FOCUS YOGA KRISI-STUDIO 1	10:30AM-11:15AM POWER FLOW YOGA ANDREA-STUDIO 1		
4:30 PM-5:15 AM BODY BALANCE JENNY-STUDIO 1	4:30 PM- 5:15 PM PILATES FUSION JENNIFER-STUDIO 1		4:30 PM-5:15 PM PILATES FUSION JENNIFER-STUDIO 1		
5:30 PM-6:15 PM ZUMBA VERONICA- STUDIO 1	5:15 PM-6:00 PM RPM JULIE- STUDIO 2	5:00 PM-5:45 PM TOTAL BODY BURN 45 JAYCIE-STUDIO 1	5:15 PM-6:00 PM RPM JULIE-STUDIO 2		
6:30 PM-7:15 PM BODY PUMP VERONICA- STUDIO 1	5:30 PM-6:15 PM BODY PUMP MAGDELENA-STUDIO 1	6:00 PM-7:00 PM BODY PUMP MICHELLE- STUDIO 1	5:30 PM-6:15 PM BODY PUMP MAGDELENA-STUDIO 1		

ACTIVE OLDER
ADULTS

STRENGTH

MIND &
BODY

CARDIO

DANCE