



# CLC YMCA GROUP EXERCISE & FITNESS CLASSES (\$)

## NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00-5:45am KETTLEBELLS w/ MARY		5:00-5:45am KETTLEBELLS w/ MARY		5:00-5:45am KETTLEBELLS w/ MARY	
	6:00-6:45am TOTAL BODY CHALLENGE w/ BECKY	6:00-7:00am SLOW FLOW w/ MARY	6:00-6:45am TOTAL BODY CHALLENGE w/ BECKY			
	7:00-8:00am HATHA YOGA w/ OLIVER	7:00-8:00am FIT PICKLE w/ GEORGIA (\$)	7:00-8:00am HATHA YOGA w/ OLIVER	7:00-8:00am FIT PICKLE w/ GEORGIA (\$)	7:00-8:00am HATHA YOGA w/CAROL	
	8:00-9:00am HATHA YOGA w/ OLIVER	8:00-9:00am PILATES w/ CYNTHIA	8:00-9:00am HATHA YOGA w/ OLIVER	8:00-9:00am PILATES w/ CYNTHIA	8:00-9:00am HATHA YOGA w/CAROL	8:00-8:45am CYCLING w/ KRISTIE
	8:00-9:00am LIVING FIT w/ ROBIN Gymnasium		8:00-9:00am LIVING FIT w/ ROBIN Gymnasium		8:00-9:00am LIVING FIT w/ ROBIN Gymnasium	9:00-10:00am TOTAL BODY CHALLENGE w/ BECKY
	9:15-10:00am STRENGTH & CORE w/ OLIVER	9:15-10:15am CYCLING w/ CYNTHIA	9:15-10:00am STRENGTH & CORE w/ OLIVER	9:15-10:15am CYCLING w/ CYNTHIA		10:00-10:30am INTRO TO BOXING w/ TERESA (\$)
	10:15-11:00am CYCLING & CORE w/ CASEY	10:30-11:30am STRENGTH TRAINING w/ CYNTHIA		10:30-11:30am STRENGTH TRAINING w/ CYNTHIA	10:15-11:00am STRENGTH & CORE w/ CYNTHIA	10:00-11:00am ZUMBA w/ EJAYE
		10:30-11:30am WALK WITH EASE (\$) Track		10:30-11:30am WALK WITH EASE (\$) Track		11:00-11:45am FAMILY ZUMBA (open to all ages) w/ EJAYE
	10:30-11:30am ENHANCE FITNESS w/ ROBIN (\$)		10:30-11:30am ENHANCE FITNESS w/ ROBIN (\$)		10:30-11:30am ENHANCE FITNESS w/ ROBIN (\$)	
		11:00-11:45am BOXING & STRENGTH w/ TERESA (\$)	11:00-11:45am BOXING & STRENGTH w/ TERESA (\$)		11:00-11:45am BOXING & STRENGTH w/ TERESA (\$)	
<b>PM CLASSES</b>						
		12:00-1:00pm CARDIO TENNIS w/ GEORGIA		3:00-4:00pm HATHA YOGA w/ CAROL		
	4:45-5:45pm PiYo w/ TANYA	4:15-5:00pm CYCLING w/ SARAH	5:00-5:45pm BOXING & STRENGTH w/ TERESA (\$)	4:15-5:00pm CYCLING w/ SARAH	5:00-6:00pm HATHA YOGA w/ OLIVER	
		5:15-5:45pm LOW IMPACT WORKOUT w/ SARAH	5:00-6:00pm HATHA YOGA w/ OLIVER	5:15-6:00pm LOW IMPACT WORKOUT w/ SARAH		
	5:00-5:45pm BOXING & STRENGTH w/ TERESA (\$)	5:45-6:45pm TOTAL BODY CHALLENGE w/ HANNAH	5:30-6:30pm CARDIO TENNIS w/ GEORGIA	5:00-6:00pm TABATA STRENGTH w/ MELISSA BOXING STUDIO	<b>MY Y TIME</b> <b>Monday-Friday</b> <b>8:30-10:30am</b> \$5/hour/child up to 2 hours (see the Welcome Center to sign up)	
	6:15-7:15pm BAREFOOT BOOGIE w/ SHARON		6:00-7:00pm POWER FLOW w/ OLIVER	6:00-7:00pm ZUMBA w/ EJAYE		

**\*ALL CLASSES ARE IN THE FITNESS STUDIO UNLESS NOTED ON SCHEDULE!**  
 PLEASE REGISTER FOR CLASSES AT THE WELCOME CENTER OR ONLINE AT [www.clcymca.org](http://www.clcymca.org)

**Group Exercise Classes are  
 FREE for Members  
 NM & Nationwide: \$10/class**

WALK WITH EASE: \$15/month  
 ENHANCE FITNESS: \$30/month  
**PAID CLASSES (\$):**  
 FM/M: \$50/month      NM: \$100/month  
 DROP IN: \$15/class      TEEN DROP IN: \$10/class