



# CLC YMCA GROUP EXERCISE

## MARCH & APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00-5:45am KETTLEBELLS		5:00-5:45am KETTLEBELLS		5:00-5:45am KETTLEBELLS	
	6:00-6:45am TOTAL BODY CHALLENGE	6:00-7:00am YOGA w/ Mary ZOOM	6:00-6:45am TOTAL BODY CHALLENGE	6:00-7:00am CARDIO TENNIS Tennis Courts		
9:15-10:30am ULTIMATE BOOTCAMP (\$)	7:00-7:45am YOGA W/ ANNE		7:00-8:00am YOGA W/ OLIVER		7:00-8:00am YOGA W/ OLIVER	
	8:00-8:45am YOGA W/ ANNE	8:00-9:00am PILATES	8:15-9:00am MOBILITY & BALANCE Boxing Studio	8:00-9:00am PILATES	8:00-9:00am YOGA W/ OLIVER	8:00-8:45am CYCLING
	8:00-9:00am LIVING FIT Gymnasium	9:15-10:15am CYCLING	8:00-9:00am LIVING FIT Gymnasium	9:15-10:15am CYCLING	8:00-9:00am LIVING FIT Gymnasium	9:00-10:00am HEAVY WEIGHT TRAINING
	9:15-10:00am HIIT		9:15-10:00am HIIT		9:15-10:00am HIIT	
		10:30-11:30am STRENGTH TRAINING		10:30-11:30am STRENGTH TRAINING	10:15-10:45am REST & RECOVERY	
PM CLASSES						
		12:00-1:00pm CARDIO TENNIS Tennis Courts			5:00-6:00pm YOGA W/ OLIVER	
	4:30-5:30pm PiYo	4:15-5:00pm CYCLING	5:00-6:00pm YOGA W/ OLIVER	4:15-5:00pm CYCLING	<b>MY Y TIME</b> <b>M-F 8:30-10:30am</b> \$5/hour/child up to 2 hours (see the Welcome Center to sign up)	
	5:45-6:30pm CYCLING	5:45-6:45pm TOTAL BODY CHALLENGE	5:00-6:00pm CARDIO TENNIS Tennis Courts	5:15-6:00pm TABATA STRENGTH		

**\*ALL CLASSES ARE IN THE FITNESS STUDIO (including Cycling) UNLESS NOTED ON SCHEDULE!**

**FREE FOR MEMBERS**

Please register for ALL classes at the Welcome Center!!

**Nonmember &  
Nationwide Members:  
\$10/class**