



GROUP EXERCISE & FITNESS CLASSES (\$)

CENTRAL LINCOLN COUNTY YMCA

MARCH & APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
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	6:00-7:00am SLOW FLOW w/ Mary		
7:00-8:00am HATHA YOGA w/ Oliver		7:00-8:00am HATHA YOGA w/ Oliver		7:00-8:00am HATHA YOGA w/Carol	
8:15-9:15am HATHA YOGA w/ Oliver	8:00-9:00am PILATES w/ Cynthia	8:15-9:15am HATHA YOGA w/ Oliver	8:00-9:00am PILATES w/ Cynthia	8:15-9:15am VINYASA YOGA w/Carol	8:00-8:45am CYCLING w/ Kristie
8:00-9:00am LIVING FIT w/ Robin Gymnasium	3/25 - 5/15 9:45-10:30am TAI CHI 2 w/ Robin (\$)	8:00-9:00am LIVING FIT w/ Robin Gymnasium	3/25 - 5/15 9:45-10:30am TAI CHI 2 w/ Robin (\$)	8:00-9:00am LIVING FIT w/ Robin Gymnasium	
9:30-10:15am STRENGTH & CORE w/ Oliver	9:15-10:15am CYCLING w/ Cynthia	9:30-10:15am STRENGTH & CORE w/ Oliver	9:15-10:15am CYCLING w/ Cynthia	9:30 - 10:15am STRENGTH & CORE w/ Cynthia	9:00-10:00am TOTAL BODY CHALLENGE w/ Becky
10:30-11:15am CYCLING & CORE w/ Casey	10:30-11:30am STRENGTH TRAINING w/ Cynthia		10:30-11:30am STRENGTH TRAINING w/ Cynthia	10:30-11:15am HIIT w/ Casey	10:00-10:30am INTRO TO BOXING w/ Teresa (\$)
10:30-11:30am ENHANCE FITNESS w/ Robin (\$)		10:30-11:30am ENHANCE FITNESS w/ Robin (\$)		10:30-11:30am ENHANCE FITNESS w/ Robin (\$)	10:15-11:15am ZUMBA w/ Ejaye
	11:00-11:45am BOXING & STRENGTH w/ Teresa (\$)	11:00-11:45am BOXING & STRENGTH w/ Teresa (\$)	12:15-1:30pm BOXING FOR LIFE w/ Teresa (\$)		
AFTERNOON CLASSES					
	12:00-1:00pm CARDIO TENNIS w/ Melissa	12:00-12:45pm CYCLING & CORE w/ Casey	11:00-12:30pm ULTIMATE TENNIS WORKOUT w/ Georgia (\$)	12:00-1:00pm LIVE BALL TENNIS w/ Melissa (\$)	
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		
5:00-5:45pm BOXING & STRENGTH w/ Teresa (\$)		3:45-4:45pm VINYASA YOGA w/ Oliver			
	5:45-6:45pm TOTAL BODY CHALLENGE w/ Hannah	5:00-6:00pm HATHA YOGA w/ Oliver	5:00-6:00pm TABATA STRENGTH w/ Melissa Boxing Studio		
		5:30-6:30pm CARDIO TENNIS w/ Georgia			

CLASSES ARE FREE FOR MEMBERS
NM & NATIONWIDE MEMBERS:
\$10/class

PLEASE SIGN UP MONTHLY FOR
CLASSES YOU ARE ATTENDING.
www.clcymca.org