



CLC YMCA GROUP EXERCISE & FITNESS CLASSES (\$) OCTOBER & 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			
CLOSED ON SUNDAYS UNTIL AFTER INDIGINOUS PEOPLE'S DAY	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/ OLIVER	
	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/ OLIVER	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	9:15-10:00am STRENGTH & CORE w/ OLIVER	10:00-10:30am INTRO TO BOXING w/ TERESA (\$)
		10:30-11:30am STRENGTH TRAINING w/ CYNTHIA		10:30-11:30am STRENGTH TRAINING w/ CYNTHIA		10:00-11:00am ZUMBA w/ EJAYE (starts 11/1)
	10:15-11:00am CYCLING & CORE w/ CASEY	10:30-11:30am WALK WITH EASE (\$) Track		10:30-11:30am WALK WITH EASE (\$) Track		11:00-11:45am ZUMBA FOR ALL (open to all ages) w/ EJAYE (starts 11/1)
	10:30-11:30am ENHANCE FITNESS w/ ROBIN (\$)	11:30-12:15pm STROLLER FITNESS w/ MEREDITH	10:30-11:30am ENHANCE FITNESS w/ ROBIN (\$)	11:30-12:15pm STROLLER FITNESS w/ MEREDITH	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 (\$)	
PM CLASSES						
	4:45-5:45pm PiYo w/ TANYA	12:00-1:00pm CARDIO TENNIS w/ GEORGIA	5:00-5:45pm BOXING & STRENGTH w/ TERESA (\$)	3:00-4:00pm HATHA YOGA w/ CAROL		
		4:15-5:00pm CYCLING w/ SARAH	5:00-6:00pm HATHA YOGA w/ OLIVER	4:15-5:00pm CYCLING w/ SARAH	5:00-6:00pm HATHA YOGA w/ OLIVER	
	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	MY Y TIME Monday-Friday 8:30-10:30am \$5/hour/child up to 2 hours (see the Welcome Center to sign up)	
	6:15-7:15pm BAREFOOT BOOGIE w/ SHARON	5:30-6:15pm FAMILY FITNESS w/ OLIVER	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**

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
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