



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL

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GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 Total Body Angela	8:00-9:00 Serenity, Power and Strength Linda R	8:00-9:00 Pilates and Stretch Angela	8:00-9:00 Zumba® Linda R	8:00-9:00 Total Body Angela
9:15-10:30 Yoga Shuchi	9:15-10:15 Zumba® EJ	10:00-11:00 Total Body HIIT Hannah	9:15-10:15 Pilates EJ	9:15-10:30 Yoga Shuchi
11:00-12:00 Enhance Fitness Tom	12:00-12:45 Fit for Life Angela	12:30-1:45 Yoga Jhankhna	12:00-12:45 Chair Fitness Elizabeth	11:00-12:00 Fit for Life Jeanine
5:00-5:45 Total Body HIIT Hannah	5:00-6:15 Yoga Sandy	5:00-5:45 Total Body Jeanine	5:00-6:15 Yoga and Pranayama Jhankhna	4:30-5:45 Yoga Jhankhna
6:00-7:00 Zumba® Jeanine	6:30-7:15 STRONG by Zumba® LiHan	6:00-7:00 Zumba® Sakshi	6:30-7:30 BollyX® Aanchal	6:00-7:00 Zumba® Sakshi
7:15-8:15 STRONG by Zumba® Bhavana	7:30-8:30 Pranayama Deep Breathing Shuchi	7:15-8:30 Yoga Sandy	7:45-8:30 STRONG by Zumba® Bhavana	
SATURDAY				
8:00-9:00 STRONG by Zumba® Bhavana	9:15-10:30 Yoga Shuchi	10:45-11:45 BollyX® Aanchal	12:00-12:45 Chair Fitness Elizabeth	

YMCA MEMBERS ONLY: CLICK ON CLASS NAME FOR ZOOM LINK