

# GRAND ISLAND YMCA GROUP FITNESS SCHEDULE



MORNING					
MON	TUE	WED	THU	FRI	SAT
BODYCOMBAT 5:15 - 5:45 am AR - Michelle M	RPM CYCLING 5:15 - 6:00 am CR - Gary H	GROUP CYCLING 5:15 - 6:00 am CR - Tara C	RPM CYCLING 5:15 - 6:00 am CR - Annette H	GROUP CYCLING 5:15 - 6:00 am CR - Tara C	<b>AREA:</b> AR - Aerobics CR - Cycling Rm SG - South Gym VL - Various Lctns VR - Virtual
RPM CYCLING 6:00 - 6:45 am CR - Gary H	BODYPUMP 5:15 - 6:15 am AR - Rachel B	SPRINT 6:15 - 6:45 am CR - Gary H	BODYPUMP 5:15 - 6:15 am AR - Rachel B		
WATER FITNESS 8:00 - 9:00 am Pool - Linda B	WATER FITNESS 8:00 - 9:00 am Pool - Linda B	Aqua Zumba 8:00 - 9:00 am Pool - Kathy R	WATER FITNESS 8:00 - 9:00 am Pool - Linda B	WATER FITNESS 8:00 - 9:00 am Pool - Sonya B	
SPINNING 8:15 - 9:00 am CR - Linda B	SPINNING 8:15 am - 9:00 am CR - Linda B	SPINNING 8:15 - 9:00 am CR - Linda B	SPINNING 8:15 - 9:00 am CR - Linda B	RPM 8:15 - 9:00 am CR - Annette H	GROUP CYCLING 7:00 - 7:45 am CR - Tara C
BODYATTACK 8:30 - 9:00 am AR - Cara L	BODYPUMP 8:30 - 9:30 am AR - Staff	HIIT 8:30 - 9:00 am AR - Megan R	BODYPUMP 8:30 - 9:30 am AR - Staff	POUND 8:30 - 9:30 am AR - Bonnie	SPRINT 8:00 - 8:30 am CR - Staff
CORE 9:00 - 9:30 am AR - Staff		CORE 9:00 - 9:30 am AR - Staff		CORE 9:00 - 9:30 am AR - Staff	BODYBALANCE/Yoga 8:45 - 9:45 am AR/VR - Staff
SilvrSnkrs Classic 9:30 - 10:30 am SG - Staff	SilvrSnkrs Yoga 9:30 - 10:15 am SG - Maury G	SilvrSnkrs Classic 9:30 - 10:30 am SG - Staff	SilvrSnkrs Yoga 9:30 - 10:15 am SG - Tracy N	Tai Chi/Qi Gong 9:30 - 10:15 am SG - Jill F	
Hatha/Vinyasa YOGA 9:40 - 10:40 am AR/VR - Jill F	SilvrSnkrs Stability 10:15 - 11:00 am SG - Cindy P	Hatha/Vinyasa YOGA 9:40 - 10:40 am AR/VR - Jill F	SilvrSnkrs Stability 10:15 - 11:00 am AR - Cindy P	GENTLE YOGA 9:40 - 10:40 am AR/VR - Deb S	
AQUATICS ROM 10:30 - 11:30 am Pool - Staff	AQUATICS ROM 10:30 - 11:30 am Pool - Staff	AQUATICS ROM 10:30 - 11:30 am Pool - Staff	AQUATICS ROM 10:30 - 11:30 am Pool - Staff	AQUATICS ROM 10:30 - 11:30 am Pool - Staff	
	Senior Weights 11:00 - 11:30 am SG - Cindy P	ROCK STEADY 11:00 - 12:00 pm AR - Megan R	Senior Weights 11:00 - 11:30 am AR - Cindy P		
<b>MIDDAY</b>					
ZUMBA GOLD 11:00 - 12:00 pm AR - Staff	ROCK STEADY 11:00 - 12:00 pm AR - Megan R	ZUMBA GOLD 11:00 - 12:00 pm SG - Staff		ZUMBA GOLD 11:00 - 12:00 pm AR - Staff	
	CORE 12:10 - 12:50 pm AR - Jaye M				
GROUP CYCLING 12:15 - 1:00 pm CR - Jaye M	SPRINT 12:15 - 1:00 pm CR - Staff	GROUP CYCLING 12:15 - 1:00 pm CR - Jaye M	GENTLE YOGA 12:10 - 12:50 pm AR - Staff	GROUP CYCLING 12:15 - 1:00 pm CR - Jaye M	
<b>EVENING</b>					
SPRINT 4:30 - 5:00 pm CR - Amy - B	BODYPUMP 4:20 - 5:10 pm AR - Amy B	RPM 4:30 - 5:15 pm CR - Amber	BODYPUMP 4:20 - 5:10 pm AR - Amy B		
	ZUMBA 5:30 - 6:30 pm AR - Kathy R	GRIT 5:15 pm - 5:45 pm AR - Tobin G	BODYPUMP 5:30 - 6:15 pm AR - Barb L		
BODYPUMP 5:30 - 6:30 pm AR - Jaye M			SPRINT 5:20 - 6:00 pm CR - Jess H		
WATER FITNESS 7:00 - 8:00 pm Pool - Staff			WATER FITNESS 7:00 - 8:00 pm Pool - Staff		
					SEPTEMBER

