

GRAND ISLAND YMCA GROUP FITNESS SCHEDULE – SUMMER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	RPM CYCLING 5:15 – 6:00 AM Gary	GROUP CYCLING 5:15 – 6:00 AM Tara	RPM CYCLING 5:15 – 6:00 AM Annette	GROUP CYCLING 5:15 – 6:00 AM Tara	
RPM CYCLING 6:00 – 6:45 AM Gary	BODYPUMP 5:15 – 6:15 AM Rachel	SPRINT 6:15 – 6:45 AM Gary	BODYPUMP 5:15 – 6:15 AM Rachel		
	SHALLOW WATER 7:00 – 8:00 AM Marty	SHALLOW WATER 7:00 – 8:00 AM Chris			GROUP CYCLING 7:00 – 7:45 AM Tara
SHALLOW WATER 8:00 – 9:00 AM Linda B	SHALLOW WATER 8:00 – 9:00 AM Linda B	AQUA ZUMBA 8:00 – 9:00 AM Kathy	SHALLOW WATER 8:00 – 9:00 AM Linda B	DEEP WATER 8:00 – 9:00 AM Sonya	SPRINT 8:00 – 8:30 AM
SPRINT 8:15 – 8:45 AM Gary	SPINNING 8:15 – 9:00 AM Larry	RPM 8:15 – 9:00 AM Cara	SPINNING 8:15 – 9:00 AM Larry	RPM 8:15 – 9:00 AM Annette	YOGA / BODYBALANCE 8:45-9:30 AM
	BODYPUMP 8:30 – 9:30 AM Mary	TAI CHI/QI GONG 8:40 – 9:25 AM Jill	BODYPUMP 8:30 – 9:30 AM Mary	AB LAB 9:00 – 9:30 AM Cara	
	SLVRSNKRS YOGA 9:30-10:15 AM Joyce	AB LAB 9:00 – 9:30 AM Cara	SLVRSNKRS BALANCE 8:45-9:15 AM Sonya	SHALLOW WATER 9:00-10:00 AM Marty	
SLVRSNKRS CLASSIC 9:30 – 10:30 AM Melody	ROCK STEADY 10:00-11:00 AM Sonya	SLVRSNKRS CLASSIC 9:30 – 10:30 AM Chris	SLVRSNKRS YOGA 9:30-10:15 AM Joyce		
YOGA 9:40 – 10:40 AM Deb		YOGA 9:40 – 10:40 AM Jill	ROCK STEADY 10:00-11:00 AM Melody	YOGA 9:40 – 10:40 AM Deb	
ARTHRITIS AQUATICS 10:30-11:30 AM Brooke	ARTHRITIS AQUATICS 10:30-11:30 AM Brooke	ARTHRITIS AQUATICS 10:30-11:30 AM Brooke	ARTHRITIS AQUATICS 10:30-11:30 AM Brooke		
ZUMBA GOLD 11:00 – 12:00 PM		ZUMBA GOLD 11:00-12:00 PM		ZUMBA GOLD 11:00-12:00 PM	
GROUP CYCLING 12:15 – 1:00 PM Jaye	AB LAB 12:10-12:50 PM Jaye	GROUP CYCLING 12:15 – 1:00 PM Jaye	GENTLE YOGA 12:10-12:50 PM Ruth	GROUP CYCLING 12:15 – 1:00 PM Jaye	
SPRINT 4:30 – 5:00 PM Amy/Jess H	BODYPUMP 4:20– 5:10 PM Amy	BODYCOMBAT 4:40 – 5:10 PM Michelle	BODYPUMP 4:20 – 5:10 PM Amy		
BODYPUMP 5:30 – 6:30 PM Jaye	BODYBALANCE 5:30 – 6:15 PM Michelle		BODYPUMP 5:30 – 6:15 PM Gary		
DEEP WATER FITNESS 7:00 – 8:00 PM Carmen			DEEP WATER FITNESS 7:00 – 8:00 PM Carmen		

South Gym
 Pool
 Spin Room
 Aerobics Room
 Aerobics Room & Virtual

Schedule can change due to weather, special events, etc.
 Stay up to date by checking our facebook page and/or app.

Effective Dates: June 1 – August 7