



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS

The Y closes at 3 p.m. on Thanksgiving eve
and is closed on Thanksgiving Day

Monday November 25 & 26- Classes on as scheduled

WEDNESDAY NOVEMBER 27

5:30AM CYCLE EXPRESS

5:30AM PIYO

6AM STRENGTH & CONDITIONING

8AM BODY SCULPT

8AM AQUAFIT

9AM HIIT

10AM ACTIVE OLDER ADULTS

10AM LINE DANCING

12PM BODY PUMP

1PM AQUAFIT

NO GROUP FITNESS CLASSES AFTER 1PM



THANKSGIVING DAY

CLOSED

NO GROUP FITNESS CLASSES



FRIDAY NOVEMBER 29

10AM ACTIVE OLDER ADULTS

12PM BODY PUMP

1PM AQUAFIT



Please bring your own mat, water and sweat towels. Schedule subject to change.

Black= Fitness Studio, Pink=Clara Barton Room, Orange =Gymnasium, Green=Cycling Studio, Blue= Pool

MONDAY

- 5:30AM HIIT
- 6:00AM **Manic Monday**
- 8:00AM Pilates
- 8:00AM **AquaFit**
- 9:00AM Barre
- 10:00AM **Active Older Adults**
- 10:00AM Gentle Yoga
- 12:00PM Zumba
- 1:00PM **AquaFit**
- 5:00PM **BODYPUMP**
- 5:00PM Yoga Sculpt
- 5:30PM **Group Cycle**
- 6:15PM TRX

WEDNESDAY

- 5:30AM **Cycle Express**
- 5:30AM PiYo
- 6:00AM **Strength & Conditioning**
- 8:00AM **Body Sculpt**
- 8:00AM **AquaFit**
- 9:00AM HIIT
- 10:00AM **Active Older Adults**
- 10:00AM Line Dancing
- 12:00PM **BODYPUMP**
- 1:00PM **AquaFit**
- 4:00PM Yoga
- 5:00PM Zumba
- 5:30PM **Group Cycle**
- 6:00PM Stretch & Flex

FRIDAY

- 5:30AM **Cycle Express**
- 6:00AM **Fun Fit Friday**
- 6:00AM HIIT
- 8:00AM Pilates
- 8:00AM **AquaFit**
- 9:00AM Zumba
- 9:00AM **Cycle Express**
- 10:00AM **Active Older Adults**
- 11:00AM Line Dancing
- 12:00PM **BODY PUMP**
- 1:00PM **AquaFit**

TUESDAY

- 5:30AM **BODYPUMP**
- 8:00AM **BODYPUMP**
- 8:00AM **AquaFit**
- 9:00AM Cardio Blast
- 10:00AM **QiGong/TaiChi**
- 10:00AM Yoga
- 12:00PM 20/20/20
- 4:00PM Beginner Yoga
- 5:00PM Barre
- 6:00PM **AquaFit**

THURSDAY

- 5:30AM **BODYPUMP**
 - 8:00AM **BODYPUMP**
 - 8:00AM **AquaFit**
 - 9:00AM Barre
 - 10:00AM **QiGong/TaiChi**
 - 10:00AM Yoga
 - 12:00PM Cardio Blast
 - 4:00PM TRX
 - 5:00PM Yoga
 - 6:00PM **Beginner BODYPUMP**
 - 6:00PM **AquaFit**
 - 6:00PM Prenatal Yoga *
- *Reservations Required

SATURDAY

- 7:00AM **BODYPUMP**
- 9:00AM HIIT
- 9:00AM **Group Cycle**
- 10:00AM **Zumba**
- 10:00AM Barre

SUNDAY

- 11:00AM Stretch & Flex
- 12:00 PM **BODYPUMP**
- 1:00 PM Zumba

RESERVATIONS

Reservations are required for Kids Corner & Prenatal Yoga



NEWS BLASTS

Stay up to date on area specific updates such as class cancellations and unplanned area closures.



CLASS DESCRIPTIONS

For full class descriptions, please visit the website or scan here:



KID'S CORNER

Reservations required.

Monday-Thursday: 8-11am and 5-7pm

Friday: 8-10am

Saturday: 9-11am

