



# YMCA ARLINGTON

## Group Fitness Schedule: Fall 1 2017

Dates Effective:  
Sept. 5 - Oct. 29

Offerings are modified periodically to address member feedback and participation levels and may change without notice or be modified during holidays.

MULTIPURPOSE ROOM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:05-6:50a Tabata Kelsi		6:05 - 6:50 am Exp. BODYPUMP® Kelsi			
	8:00 - 8:55am Strength & Stretch Joy		8:00 - 8:55am Strength & Stretch Naomi		8:10-9:05am BODYPUMP® Sarah	
9:00-9:55am C <sup>3</sup> Jerod	9:00-9:55am Step Kim	9:00-9:55am Circuit Marshall		9:00-9:55am Step Naomi	9:15-10:10am Controlled Impact Naomi	9:15-10:10am Step Naomi
10:00-10:55am Muscle Fitness Jerod	10:00-10:55am Strength & Stretch Nancy ADVANCED SIGN UP REQUIRED	10:00-10:55am Yoga Strength Kenny	10:00-10:55am Strength & Stretch Nancy ADVANCED SIGN UP REQUIRED	10:00-10:55am Stretch Jerod	10:15-11:10am Gentle Yoga Marja	10:15-11:10am Muscle Fitness Naomi
11:00-11:55am Tai Chi Chuan & Qi Gong Jeff	11:00-11:55am Senior Fun & Fitness Nancy	11:00-11:55am Stretch Marshall	11:00-11:55am Senior Fun & Fitness Nancy	11:00-11:55am Yoga Jerod	11:15-12:10pm Family Zumba Rose	11:15-12:10pm Yoga Level 2 Agnès
1:30 - 2:25pm Silver Sneakers CardioFit® Marleen	12:00-1:00pm Stroke Survivor Fitness Nancy (\$)	12:00-12:55pm Hatha Yoga Marja	12:00-12:55pm Tai Chi Chuan & Qi Gong Jeff	12:00-12:55pm Zumba® Lisa	3:00-5:00pm JuJitsu Mat Practice (\$)	12:15-1:10pm Standing & Mat Pilates Debra
4:00-6:00pm Room reserved for youth development	4:00-6:00pm Room reserved for youth development	4:00-6:00pm Room reserved for youth development	4:00-6:00pm Room reserved for youth development	4:00 - 8:00pm Reserved for youth development		
6:00-6:55pm Zumba® April	6:00-6:55pm Pilates June	6:00-6:55pm Zumba® Rose	6:00-6:55pm Muscle Fitness Marshall	8:05-9:35pm Karate (\$)		
7:00-8:30pm Karate (\$)	7:00-7:55pm BODYPUMP® Tamar	7:00-7:55pm INSANITY Mike	7:00-7:55pm Pilates Jill	To receive notifications regarding class cancellations, send an email request to <a href="mailto:hannah.hutton@ymcadc.org">hannah.hutton@ymcadc.org</a> To get real-time updates regarding the Group Fitness Schedule, go online at: <a href="https://www.groupepxpro.com/schedule/321/">https://www.groupepxpro.com/schedule/321/</a> To view a facility calendar regarding upcoming Facility and Program events, go online at: <a href="https://www.groupepxpro.com/public/321/">https://www.groupepxpro.com/public/321/</a> <b>HIGHLIGHTED: NEW or CHANGED</b>		
	8:00-9:30pm JuJitsu (\$)	8:00-8:55pm Gentle Yoga Agnès	8:00-9:30pm JuJitsu (\$)			

### LOFT and POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am Cycle Kelly		6:00-6:45am Cycle Melanie		6:00-6:45am Cycle Kelly		
6:30-7:15pm Core Fitness Training Marshall (Free Wt. Room)	9:00-9:55am Cycle Betsy	6:30-7:15pm Cycle Kelly	9:00 -9:55am Cycle Betsy		9:15-10:10am Cycle Tracy	11:30 - 12:25pm Water Aerobics Cece (Pool)
7:15-8:10pm Gentle Yoga Camilla (SACC Room)		7:00-8:30pm Karate (\$) Raquetball Courts	6:30 - 7:25pm Aqua Zumba Lisa (Pool)			