



YMCA Anthony Bowen FALL II Group Exercise Schedule (October 30th - December 24th)

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GRIT CARDIO/PLYO ROTATION 6:00-6:25am Melissa GEX Studio	Boot Camp 6:00-6:55am Michael GEX Studio	Power Cycle 6:00-6:55am Michanda Cycle Studio	Boot Camp 6:00-6:55am Liz W. GEX Studio	Boot Camp 6:00-6:55am Michael GEX Studio		TRX 8:00 - 8:45am David GEX Studio
All Terrain Cycle 6:30 - 7:15am Chris Cycle Studio	Y Tri 6:00-7:00am Y Tri Instructor Cycle Studio	GRIT CARDIO/PLYO ROTATION 6:00-6:25am Braegan GEX Studio	Y Tri 6:00-7:00am Y Tri Instructor Cycle Studio	Align & Flow Yoga 6:30 - 7:30am Ryan Carriage House II	BODYPUMP 9:00-9:55am Braegan GEX Studio	GRIT STRENGTH 9:00-9:25am Melissa GEX Studio
GRIT STRENGTH 6:30 - 6:55am Melissa GEX Studio	BODYPUMP 7:00-7:55am Marsha GEX Studio	GRIT STRENGTH 6:30-6:55am Braegan GEX Studio	All Terrain Cycle 7:00-7:55am Liz G. Cycle Studio	Power Cycle 6:30-7:30am Sari Cycle Studio		
Barre Above 7:00-8:00am Gi Gi Carriage House II	Rhythm Ride 7:00-7:55am Michael Cycle Studio	CORE Yoga 7:00-8:00am Ingrid Carriage House I	GRIT STRENGTH 7:00-7:30am Sylvia GEX Studio	Boxing Blast 7:00-8:00am Harold GEX Studio		
Boxing Blast 7:00-8:00am Harold GEX Studio	Y Tri 7:00-8:00am Y Tri Instructor Carriage House II	Power Cycle 7:15-8:00am Anita Cycle Studio	Y Tri 7:00-8:00am Y Tri Instructor Carriage House II	Y Tri 7:00-8:00am Y Tri Instructor Carriage House I	Power Cycle 9:00-9:55am Michael Cycle Studio	GRIT CARDIO/PLYO ROTATION 9:30-9:55am Melissa GEX Studio
		Body Sculpt 12:00-1:00pm Susan R. Carriage House II	GRIT CARDIO/PLYO ROTATION 7:30-8:00am Sylvia GEX Studio		Tabata 10:00 - 10:30am Michael GEX Studio	BODYCOMBAT 10:00-10:55am Hamutal GEX Studio
Boot Camp 12:00-1:00pm Mansur GEX Studio	Barre Above 12:00-1:00pm Gi Gi Carriage House II	Boxing Blast 12:00-1:00pm Harold GEX Studio	Pilates Mat 12:00p - 1:00pm Susan R. Carriage House II	Power Yoga 12:00-1:00pm Becky Carriage House I	Power Cycle 10:00-10:55am Karen Cycle Studio	
Power Yoga 12:00-1:00pm Ryan Carriage House I	Power Cycle 12:00-12:45pm Michael Cycle Studio	Power Yoga 12:00-1:00pm Amy Carriage House I	Rhythm Ride 12:00-12:45pm Chris Cycle Studio	Boot Camp 12:00-1:00pm Mansur GEX Studio	Power Yoga 10:00 - 10:55am Kristen Carriage House II	Core Blast 10:30-11:00am David Self-Defense Studio
		Core Blast 5:30-6:00pm David Carriage House II			Align & Flow Yoga 10:30 - 11:45am Ryan Carriage House I	BODYPUMP 11:00-11:55am Hamutal GEX Studio
Boxing Blast Express 5:00-5:30pm Harold GEX Studio	Aerial Yoga 5:15 - 6:15pm Charissa GEX Studio	GRIT STRENGTH 5:30-5:55pm Braegan GEX Studio		Boxing Blast Express 5:00-5:30pm Harold GEX Studio	BODYPUMP 11:00-11:55am Shaneda GEX Studio	Vinyasa Yoga 11:00-12:15pm Charles Carriage House II
Power Core 5:30-6:25pm Marsha Carriage House II		GRIT CARDIO/PLYO ROTATION 6:00-6:25pm Braegan GEX Studio	Hatha Yoga 5:30-6:25pm Charissa Carriage House I			Yoga 101 11:00-11:55am Kathy Carriage House I
ZUMBA 5:30pm-6:25pm Maryjo GEX Studio	Power Yoga 5:30-6:25pm Amy Carriage House I		Pilates Mat 5:30-6:25pm Susan R. Carriage House II	Zumba 5:30 - 6:25pm Antoinette GEX Studio		



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Align & Flow Yoga 5:45pm - 6:45pm Ryan Carriage House I		Power Yoga 6:15-7:25pm John Carriage House I		All Terrain 6:00-6:55pm Chris Cycle Studio	Power Yoga 12:00 - 1:15pm Maicie Carriage House I	
All Terrain Cycle 6:15-7:10pm Susan L. Cycle Studio		Power Ride 6:30-7:25pm Sari Cycle Studio	CORE Yoga 6:30-7:30pm Kristen Carriage House I		BODYCOMBAT 12:00- 12:55pm Shanetta GEX Studio	Rhythm Ride 12:00- 12:55pm Sean Cycle Studio
	Barre Above 6:30-7:25pm Gi Gi Carriage House II	BODYPUMP 6:30-7:25pm Braegan GEX Studio	Power Ride 6:30-7:20pm Michanda Cycle Studio		Rhythm Ride 12:00- 12:55pm Sean Cycle Studio	ZUMBA 12:00- 1:00pm Abigail GEX Studio
GRIT STRENGTH 6:30-6:55pm Sarah C. GEX Studio	All Terrain Cycle 6:30-7:20pm Karen Cycle Studio	Pilates Mat 6:30 - 7:25pm Gina Carriage House II	Pilates Reformer 6:30 - 7:30pm Gina Pilates Studio		Pilates Reformer 12:00 - 1:00pm Sarah H. Pilates Studio	Pilates Reformer 1:15-2:15pm Gina Pilates Studio
Gung Fu 6:30 - 8:00pm Sifu Thomas Self-Defense Studio	BODYPUMP 6:30-7:25pm Francella GEX Studio	Rhythm Ride 7:30-8:20pm Sean Cycle Studio		BODYPUMP 6:30-7:30pm Sarah C. GEX Studio	Aerial Yoga 1:15 - 2:15pm Sarah H. GEX Studio	
PiYo 6:30-7:20pm Gi Gi Carriage House II		Vinyasa Yoga 7:30-8:45pm Becky Carriage House II	Hip Hop Dance 6:30-7:30pm Gi Gi GEX Studio	Restorative Yoga 6:30-7:30pm Andres Carriage House I	Core Blast 2:00-2:30pm David Carriage House II	Tabata 4:00-4:30pm Michael GEX Studio
GRIT CARDIO/PLYO ROTATION 7:00-7:25pm Sarah C. GEX Studio	Hatha Yoga 7:00-8:00pm Manisha Carriage House I	Yoga: Breath & Meditation 7:30-8:30pm Chuck Carriage House I			Boxing Blast 2:30 - 3:30pm Harold GEX Studio	Power Cycle 4:30-5:15pm Michael Cycle Studio
All Terrain Cycle 7:15-8:15pm Liz W. Cycle Studio	Rhythm Ride 7:30-8:20pm Francella Cycle Studio	ZUMBA 7:30-8:25pm Toya GEX Studio	Rhythm Ride 7:30-8:20pm Karen Cycle Studio		Gung Fu 3:30 - 5:00pm Sifu Thomas GEX Studio	Restorative Yoga 5:00-6:00pm Chris M. Carriage House I
Rocket Yoga 7:15-8:30pm John Carriage House I	Tae Kwon Do 7:30-9:00pm Master Davis Carriage House II	Gung Fu 7:30-9:00pm Sifu Thomas Self-Defense Studio	Tae Kwon Do 7:30-9:00pm Master Davis Carriage House II			Power Yoga 6:00-7:00pm Mario Carriage House II
BODYPUMP 7:30-8:25pm Matt GEX Studio		Boxing Blast 8:30 - 9:30pm Harold GEX Studio			LEGEND	
						Fee-Based Classes
						Member Value

Classes may be limited in size. Instructors are subject to change. Classes are all fitness levels unless otherwise stated.

Veterans Day (November 11th) - Will be operating on a REGULAR SCHEDULE. No classes will be cancelled.

Fall II 2017 Important Dates

November 8th - Thanksgiving Holiday Schedule Released

Thanksgiving (November 23rd) - Will be operating on a SPECIAL SCHEDULE from Wednesday EVENING, November 22nd thru Sunday, November 26th.

December 9th - Holiday Break Schedule Released

December 18th - Winter 2018 Schedule Released

For questions, comments, or concerns, please e-mail: Group Exercise Director, Victor Q. Price, victor.price@ymcadc.org