



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

10/23/17 to 12/17/17

YMCA FAIRFAX COUNTY RESTON

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:55am CARDIO SCULPT Kristy (Studio A)	6-6:45am CYCLE Shauna (Studio B)	6-6:55am BOOT CAMP Kristy (Studio A)	6-6:45am CYCLE Erika (Studio B)	6-6:55am X-Training Kanan (Studio A)	8-8:55am STEP Jill (Studio A)	8:30-9:15am CYCLE Sean (Studio B)
6:30-7:15am CYCLE Jeff (Studio B)	7-7:55am POWER YOGA Rebecca (Studio A)	6:30-7:15am CYCLE Beth (Studio B)	7-7:55am POWER YOGA Rebecca (Studio A)	6-6:45am CYCLE Shauna (Studio B)	8-8:55am CYCLE Jen/Shaua (Studio B)	9-9:55am CARDIO INTERVAL Nancy (Studio A)
8:30-9:25am HATHA FLOW YOGA Lea (Studio B)	9-9:45am TABATA Brady (Studio A)	8:30-9:25am HATHA FLOW YOGA Sanderijn (Studio B)	9-9:45am PILATES Mimi (Studio A)	8:30-9:25am HATHA FLOW YOGA Judy (Studio B)	9-9:25am ABS/CORE Jill (Studio A)	10-10:55am BODY SCULPT Kaleen (Studio A)
9:30-10:25am BOOT CAMP Brandon (Studio A & B)	10-10:55am PIYO Jen (Studio A)	9:30-10:15am KETTLEBELL X-TRAIN Jen (Studio A)	9-9:40am HIIT Brandon (Studio B)	9:30-10:15am STABILITY & BALANCE Mimi (Studio A)	9:30-10:25am KICKBOXING Lisa (Studio B)	11:30am-12:55pm YOGA Sunny (Studio A)
10:30-11:25am BODY SCULPT Jen (Studio A)	11-11:55am TAI CHI Richard (Studio B)	9:30-10:25am LOW IMPACT Linda (Studio B)	10-10:45am CYCLE Jen (Studio B)	10:30-11:25am BODY SCULPT Eric (Studio A)	10:30-11:25am TAI CHI Qijing (Studio B)	
10:30am-11:25am ACTIVE OLDER ADULTS Jill (Studio B)	12-1:25pm GENTLE YOGA Nelly (Studio B)	10:30-11:25am BODY SCULPT Jill (Studio A)	10:30-11:25am BODY SCULPT Jill (Studio A)	10:30am-11:25am ACTIVE OLDER ADULTS Jill (Studio B)	11:30am-12:25pm TAI CHI STAFF & SWORD Qijing (Studio B)	
11:30am-12:25pm TAI CHI Richard (Studio B)	12:30-1:15pm SILVER SNEAKERS Jessie (Studio A)	10:30-11:25am ACTIVE OLDER ADULTS Linda (Studio B)	11-11:55am TAI CHI Richard (Studio B)	12-12:55pm ZUMBA Akisha (Studio B)	12:30-1:25pm YOGA Mei-Wen (Studio B)	
12:30-1:25pm ZUMBA Deborah (Studio B)	5-5:25pm CORE Tracey (Studio A & B)	12-12:55pm ZUMBA Alex (Studio B)	12-1:25pm GENTLE YOGA Nelly (Studio B)	6:30-7:25pm ZUMBA Carmen (Studio A)		
5:30-6:25pm PILATES POWER Mimi (Studio A)	5:30-6:25pm BODY SCULPT Tracey (Studio A & B)	12:30-1:15pm SILVER SNEAKERS YOGA (Studio A)	12:30-1:15pm SILVER SNEAKERS Jessie (Studio A)			
5:30-6:25pm CYCLE Sean (Studio B)	6:30-7:25pm ZUMBA Iris (Studio A)	5:30-6:25pm PILATES Lauren (Studio A)	5:30-6:25pm BODY SCULPT Kaleen (Studio A)			
6:30-7:25pm CARDIO KICKBOX Kathlin (Studio A)	6:30-7:10pm HIIT Tracey (Studio B)	5:30-6:55pm CYCLE FUSION Sean (Studio B)	6:30-7:10pm HIIT Brandon (Studio B)			
6:30-7:25pm BODY SCULPT Sean (Studio B)	7:30-8:15pm CYCLE Sean (Studio B)	6:30-7:25pm CARDIO KICKBOX Kathlin (Studio A)	7-7:55pm ZUMBA Ileana (Studio B)			
7:30-8:55pm VINYASA FLOW YOGA Qijing (Studio B)		7:30-8:45pm VINYASA FLOW YOGA Lea (Studio B)				

YMCA FAIRFAX COUNTY RESTON

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PLEASE NOTE:

- \$ Fee Based Class
- \$ Jujitsu reserved Studio on Mondays and Saturdays
- \$ YMCA Preschool reserved Studio B on Mondays, Tuesdays, Wednesdays and Thursdays from 2:30-5pm