

GROUP FITNESS SCHEDULE

MIAMI COUNTY YMCA- ROBINSON BRANCH- FALL 2018

Mondays

5:15-6:00am	Y Cycling	Lori	Aerobics/Cycling Room
5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:45am	Y Cycling	Jim	Aerobics/Cycling Room
8:00-8:45am	Silver Sneaker Classic	Joyce	Gymnasium
9:00-9:45am	Yoga	Kathleen	Meeting Room B
9:00-9:45am	Silver Sneaker Cardio Fit	Joyce	Gymnasium
9:15-10:00am	AOA Aerobics	Debbie	Multi-Purpose Room
10:00-10:45am	Silver Sneaker Classic	Joyce	Gymnasium
10:00-11:00am	High Intensity Strength and Conditioning	Suzu	Multi-Purpose Room
10:05-10:50am	Silver Sneaker Yoga	Kathleen	Meeting Room B
11:00-11:45am	Silver Sneaker Classic	Joyce	Gymnasium
11:05-11:50am	Silver Sneaker Yoga	Kathleen	Meeting Room B
1:00-1:45pm	Brain and Balance	Joyce	Multi-Purpose Room
4:30-5:15pm	Y Cycling	Suzanne	Aerobics/Cycling Room
5:00-5:55pm	Embodied Exercise	Laurie	Multi-Purpose Room
6:00-6:50pm	Tabata	Pam	Multi-Purpose Room
6:20-7:20pm	Yogalates	Sharon	Aerobics/Cycling Room
7:00-7:45pm	High Intensity Strength and Conditioning	Clayge	Multi-Purpose Room

Tuesdays

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
7:55-8:55am	Strictly Strength	Nicole	Multi-Purpose Room
9:00-9:45am	Yoga	Kaci	Meeting Room B
9:05-10:00am	AOA Strength	Debbie	Multi-Purpose Room
10:15-11:30am	Zumba	Mikala	Multi-Purpose Room
4:30-5:25pm	Total Body Sculpt	Erin	Multi-Purpose Room
5:00-6:00pm	Barre	Sarah	Meeting Room B
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room
6:00-7:00pm	Y Cycling	Lori	Aerobics/Cycling Room
6:15-7:15pm	Zumba	Angela	Multi-Purpose Room
7:00-7:45pm	Yoga	Kathleen	Meeting Room B
7:05-8:00pm	Spin, Lift and Core	Clayge	Aerobics/Cycling Room

Wednesdays

5:15-6:00am	Y Cycling	Lori	Aerobics/Cycling Room
5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:45am	Y Cycling	Jim	Aerobics/Cycling Room
8:00-9:00am	Step Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Silver Sneaker Classic	Joyce	Gymnasium
9:00-9:45am	Yoga	Kathleen	Meeting Room B
9:00-9:45am	Silver Sneaker Cardio Fit	Joyce	Gymnasium
9:15-10:00am	AOA Aerobics	Kaci	Multi-Purpose Room
10:00-10:45am	Silver Sneaker Classic	Joyce	Gymnasium
10:00-11:00am	High Intensity Strength and Conditioning	Suzu	Multi-Purpose Room
10:05-10:50am	Silver Sneaker Yoga	Kathleen	Meeting Room B
11:00-11:45am	Silver Sneaker Classic	Joyce	Gymnasium
11:05-11:50am	Silver Sneaker Yoga	Kathleen	Meeting Room B

GROUP FITNESS SCHEDULE

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Wednesdays (continued)

1:00-1:45pm	Brain and Balance	Joyce	Multi-Purpose Room
4:30-5:15pm	Y Cycling	Suzanne	Aerobics/Cycling Room
5:00-5:55pm	Embodied Exercise	Laurie	Multi-Purpose Room
6:00-6:50pm	Tabata	Pam	Multi-Purpose Room
6:20-7:20pm	Yogalates	Sharon	Aerobics/Cycling Room
7:00-7:45pm	High Intensity Strength and Conditioning	Clayge	Multi-Purpose Room

Thursdays

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
7:55-8:55am	Strictly Strength	Nicole	Multi-Purpose Room
9:00-9:45am	Yoga	Kaci	Meeting Room B
9:05-10:00am	AOA Strength	Debbie	Multi-Purpose Room
10:15-11:30am	Zumba	Mikala	Multi-Purpose Room
4:30-5:25pm	Total Body Sculpt	Kaci	Multi-Purpose Room
5:00-6:00pm	Barre	Sarah	Meeting Room B
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room
6:00-7:00pm	Y Cycling	Lori	Aerobics/Cycling Room
6:15-7:15pm	Zumba	Angela	Multi-Purpose Room
7:00-7:45pm	Yoga	Kathleen	Meeting Room B
7:05-8:00pm	Spin, Lift and Core	Clayge	Aerobics/Cycling Room

Fridays

5:15-6:00am	Y Cycling	Lori	Aerobics/Cycling Room
5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:45am	Y Cycling	Jim	Aerobics/Cycling Room
8:00-9:00am	Step Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Silver Sneaker Classic	Joyce	Gymnasium
9:00-9:45am	Yoga	Kathleen	Meeting Room B
9:00-9:45am	Silver Sneaker Yoga	Joyce	Meeting Room B
9:15-10:00am	AOA Aerobics	Kaci	Multi-Purpose Room
10:00-10:45am	Silver Sneaker Classic	Joyce	Gymnasium
10:00-11:00am	High Intensity Strength and Conditioning	Suzu	Multi-Purpose Room
11:00-11:45am	Silver Sneaker Classic	Joyce	Gymnasium

Saturdays

7:30-8:30am	Strictly Strength	Aimee	Multi-Purpose Room
9:00-9:45am	Y Cycling	Instructor	Aerobics/Cycling Room
9:00-10:00am	Zumba	Angela	Multi-Purpose Room