

# GROUP FITNESS SCHEDULE

## MIAMI COUNTY YMCA- ROBINSON BRANCH- FALL I SESSION 2022

### Monday

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:55am	Step Aerobics	Debbie	Multi-Purpose Room
8:15-9:00am	Silver Sneaker Classic	Sierra	Gymnasium
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:15-10:00am	Silver Sneaker Yoga	Debbie	Meeting Room B
9:15-10:00am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
9:30-10:30am	Spin & Sculpt	Erin	Aerobics/Cycling Room
10:15-11:00am	Silver Sneaker Classic	Sierra	Gymnasium
10:15-11:00am	Low Impact Aerobics	Debbie	Multi-Purpose Room
6:30-7:30pm	Yogalates	Sharon	Multi-Purpose Room

### Tuesday

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
8:00-9:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
8:00-8:45am	Silver Sneakers Yoga	Debbie	Meeting Room B
9:15-10:00am	Yoga	Rachael	Meeting Room B
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
10:30-11:30am	Dance Fitness	Mikala	Multi-Purpose Room
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room
6:30-7:00pm	Marlins Swim Team		Multi-Purpose Room
6:00-7:00pm	Spin & Sculpt	Traci	Aerobics/Cycling Room

### Wednesday

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:55am	Step Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
8:15-9:00am	Silver Sneaker Classic	Sierra	Gymnasium
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:15-10:00am	Silver Sneaker Yoga	Debbie	Meeting Room B
9:15-10:00am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
9:30-10:30am	Spin & Sculpt	Erin	Aerobic/Cycling Room
10:15-11:00am	Silver Sneaker Classic	Sierra	Gymnasium
10:15-11:00am	Low Impact Aerobics	Debbie	Multi-Purpose Room
5:30-6:15pm	Zumba	Angela	Multi-Purpose Room
7:00-7:45pm	Yoga	Karen	Multi-Purpose Room

### Thursday

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
8:00-9:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
8:00-8:45am	Silver Sneakers Yoga	Debbie	Meeting Room B
9:15-10:00am	Yoga	Kelly	Meeting Room B
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
10:30-11:30am	Dance Fitness	Mikala	Multi-Purpose Room
12:45-2:15pm	Home School Gym (October 7 <sup>th</sup> - May 19 <sup>th</sup> )	Jane	Multi-Purpose Room
5:30-6:15pm	PULSE	Cindy	Multi-Purpose Room

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### (Thursday Continued)

6:00-7:00pm	Spin & Sculpt	Traci	Aerobics/Cycling Room
6:15-6:50pm	Marlins Swim Team		Multi-Purpose Room

### Friday

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:55am	Step Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Reserved Group (not a class)	Jim	Meeting Room B
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
8:15-9:00am	Silver Sneaker Classic	Sierra	Gymnasium
9:00-10:00am	C.O.R.E. Fit	Suzy	Multi-Purpose Room
9:15-10:00am	Silver Sneaker Yoga	Debbie	Meeting Room B
9:15-10:00am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
10:15-11:00am	Silver Sneaker Classic	Sierra	Gymnasium
10:15-11:00am	Low Impact Aerobics	Debbie	Multi-Purpose Room
5:30-6:15pm	Zumba Kids	Liliya	Multi-Purpose Room
6:30-7:15pm	Self Defense Aerobics	Jennifer	Multi-Purpose Room

### Saturday

7:30-8:30am	Strictly Strength	Aimee	Multi-Purpose Room
9:30-10:30am	Zumba	Angela	Multi-Purpose Room

## YOUTH PROGRAMS - ROBINSON BRANCH- FALL I SESSION 2022

### Monday

5:30-6:15pm	Start with Strength	Mollie	Meeting Room B
6:00-7:30pm	Sports Sampler	Jane	Basketball Gym

### Tuesday

10:30-11:15am	Wild Adventure Gym	Jane	Basketball Gym
6:00-6:45pm	Play Your Way Gym	Jane	Basketball Gym

### Wednesday

5:30-6:15pm	Start with Strength	Mollie	Meeting Room B
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### Thursday

10:00-11:45am	Tumble Tots	Destinee	Basketball Gym
1:00-3:00pm	Home School Gym	Gage	Basketball Gym

### Friday

5:30-6:15pm	Zumba Kids	Liliya	Multi-Purpose Room
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