

# GROUP FITNESS SCHEDULE

## MIAMI COUNTY YMCA- ROBINSON BRANCH- WINTER 2021

### Mondays

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:45am	Low Impact 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
9:00-10:00am	Silver Sneaker Yoga	Debbie	Meeting Room B
9:30-10:15am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
10:45-11:30am	Silver Sneaker Classic	Sierra	Gymnasium
4:30-5:15pm	Y Cycling	Suzanne	Aerobics/Cycling Room
6:30-7:20pm	Tabata	Traci	Multi-Purpose Room

### Tuesdays

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
8:15-9:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:00-9:45am	Yoga	TBD	Meeting Room B
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
10:15-11:30am	Zumba	Mikala	Multi-Purpose Room
4:15-5:00pm	Total Body Sculpt	Erin	Multi-Purpose Room
5:00-6:00pm	Barre	Brandy	Meeting Room B
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room
6:00-7:00pm	Y Cycling	Lori	Aerobics/Cycling Room
6:30-7:30pm	Yogalates	Sharon	Meeting Room B

### Wednesdays

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:45am	Low Impact 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
9:00-10:00am	Silver Sneaker Yoga	Debbie	Meeting Room B
9:30-10:15am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
10:45-11:30am	Silver Sneaker Classic	Sierra	Gymnasium
4:30-5:15pm	Y Cycling	Suzanne	Aerobics/Cycling Room
5:30-6:15pm	Zumba	Angela	Multi-Purpose Room
6:30-7:20pm	Tabata	Traci	Multi-Purpose Room

### Thursdays

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
8:15-9:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:00-9:45am	Yoga	Brandy	Meeting Room B
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
10:15-11:30am	Zumba	Mikala	Multi-Purpose Room

# GROUP FITNESS SCHEDULE

## MIAMI COUNTY YMCA- ROBINSON BRANCH- WINTER 2021

### Thursdays (continued)

4:15-5:00pm	Total Body Sculpt	Brandy	Multi-Purpose Room
5:00-6:00pm	Barre	Brandy	Meeting Room B
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room
6:00-7:00pm	Y Cycling	Lori	Aerobics/Cycling Room
7:00-8:00pm	Yoga	Karen	Meeting Room B

### Fridays

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:45am	Low Impact 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	Step Aerobics	Debbie	Multi-Purpose Room
9:30-10:15am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
10:45-11:30am	Silver Sneaker Classic	Sierra	Gymnasium

### Saturdays

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