

GROUP FITNESS SCHEDULE

MIAMI COUNTY YMCA- PIQUA BRANCH- SUMMER MINI SESSION 2021

Week 1

Monday August 9th

9:30-10:15am	SS Circuit	Heather	Multi-Purpose Room
12:10-12:50pm	HIIT	Sue	Third Floor Gym
4:30-5:15pm	BARRE	Brandy	Multi-Purpose Room
6:35-7:20pm	HIIT	Josh	Third Floor Gym

Tuesday August 10th

6:00-6:45am	Y Cycling	Randy	Cycling Room
9:00-9:45am	SS Classic	Sue	Multi-Purpose Room
11:00-11:45am	Pilates-Yoga Fusion	Sue	Multi-Purpose Room
12:10-12:50pm	Run & Lift	Sue	Meet in Lobby
12:10-12:55pm	Y Cycling	Wade	Cycling Room
5:30-6:15pm	Total Body Sculpt	Melissa	Multi-Purpose Room

Wednesday August 11th

9:30-10:15am	SS Circuit	Heather	Multi-Purpose Room
10:15-10:50am	SS Yoga	Heather	Multi-Purpose Room
12:10-12:50pm	HIIT	Heather	Third Floor Gym
4:30-5:15pm	BARRE	Brandy	Multi-Purpose Room
6:35-7:20pm	HIIT	Josh	Third Floor Gym

Thursday August 12th

9:00-9:45am	SS Classic	Sue	Multi-Purpose Room
11:00-11:45am	Pilates-Yoga Fusion	Sue	Multi-Purpose Room
12:10-12:50pm	Run & Lift	Sue	Meet in Lobby
12:10-12:55pm	Y Cycling	Wade	Cycling Room
5:00-5:45pm	Pilates-Yoga Fusion	Heather	Multi-Purpose Room

Friday August 13th

10:00-10:45am	SS Circuit	Heather	Multi-Purpose Room
12:10-12:50pm	HIIT	Heather	Third Floor Gym

Saturday August 14th

8:00-9:00pm	Y Cycling	Wade	Cycling Room
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Week 2

Monday August 16th

9:30-10:15am	SS Circuit	Heather	Multi-Purpose Room
10:15-10:50am	SS Yoga	Heather	Multi-Purpose Room
12:10-12:50pm	HIIT	Heather	Third Floor Gym
6:35-7:20pm	HIIT	Josh	Third Floor Gym

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Tuesday August 17th

6:00-6:45am	Y Cycling	Randy	Cycling Room
12:10-12:55pm	Y Cycling	Wade	Cycling Room
5:30-6:15pm	Total Body Sculpt	Melissa	Multi-Purpose Room

Wednesday August 18th

12:10-12:50pm	HIIT	Josh	Third Floor Gym
6:35-7:20pm	HIIT	Josh	Third Floor Gym

Thursday August 19th

6:00-6:45am	Y Cycling	Randy	Cycling Room
12:10-12:55pm	Y Cycling	Wade	Cycling Room
5:00-5:45pm	Pilates-Yoga Fusion	Heather	Multi-Purpose Room

Friday August 20st

10:00-10:45am	SS Circuit	Heather	Multi-Purpose Room
12:10-12:50pm	HIIT	Heather	Third Floor Gym

Saturday August 21st

8:00-9:00pm	Y Cycling	Wade	Cycling Room
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Week 3

Monday August 23th

12:10-12:50pm	HIIT	Josh	Third Floor Gym
4:30-5:15pm	BARRE	Brandy	Multi-Purpose Room
6:35-7:20pm	HIIT	Josh	Third Floor Gym

Tuesday August 24th

6:00-6:45am	Y Cycling	Randy	Cycling Room
12:10-12:55pm	Y Cycling	Wade	Cycling Room
5:30-6:15pm	Total Body Sculpt	Melissa	Multi-Purpose Room

Wednesday August 25th

12:10-12:50pm	HIIT	Josh	Third Floor Gym
4:30-5:15pm	BARRE	Brandy	Multi-Purpose Room
6:35-7:20pm	HIIT	Josh	Third Floor Gym

Thursday August 26th

6:00-6:45am	Y Cycling	Randy	Cycling Room
12:10-12:55pm	Y Cycling	Wade	Cycling Room

Saturday August 28th

8:00-9:00pm	Y Cycling	Wade	Cycling Room
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