# GROUP FITNESS SCHEDULE

### **MIAMI COUNTY YMCA- ROBINSON BRANCH- FALL 2020**

#### Mondays

5:30-6:30am 8:00-8:45am 8:15-9:00am 9:00-10:00am 9:00-10:00am 9:30-10:15am 10:45-11:30am 6:30-7:20

#### **Tuesdays**

5:30-6:15am 8:15-9:00am 8:15-9:00am 9:00-9:45am 9:15-10:00am 9:05-10:00am 10:15-11:30am 10:30-11:15am 4:15-5:00pm 5:00-6:00pm 5:30-6:15pm 6:00-7:00pm 6:30-7:30pm

#### Wednesdays

5:30-6:30am 8:00-8:45am 8:00-8:45am 8:15-9:00am 9:00-10:00am 9:00-10:00am 9:30-10:15am 10:45-11:30am 6:30-7:20

#### Thursdays

5:30-6:15am 8:15-9:00am 8:15-9:00am 9:00-9:45am 9:05-10:00am 9:15-10:00am 10:15-11:30am 10:30-11:15am

PULSE Low Impact Aerobics Silver Sneaker Classic C.O.R.E. Fit Silver Sneaker Yoga Silver Sneaker Cardio Fit Silver Sneaker Classic Tabata

Y Cycling
Silver Sneaker Cardio Fit
C.O.R.E. Fit
Yoga
Silver Sneaker Classic
Moderate Intensity Strength
Zumba
Nutrition for Longevity
Total Body Sculpt
Barre
PULSE
Y Cycling
Yogalates

PULSE Low Impact Aerobics Y Cycling Silver Sneaker Classic C.O.R.E. Fit Silver Sneaker Yoga Silver Sneaker Cardio Fit Silver Sneaker Classic Tabata

Y Cycling Aimee C.O.R.E. Fit Erich Silver Sneaker Cardio Fit Sierra Gymnasium Yoga Kaci Moderate Intensity Strength Debbie Silver Sneaker Classic Sierra Gymnasium Zumba Mikala Balance Sierra Gymnasium

Aimee Debbie Sierra Erich Debbie Sierra Sierra Traci

Kaci

Erin

Lori

Aimee

Debbie

Kathy

Sierra

Erich

Debbie

Sierra

Sierra

Traci

Multi-Purpose Room Multi-Purpose Room Gymnasium Multi-Purpose Room Meeting Room B Gymnasium Gymnasium Multi-Purpose Room

Aerobics/Cycling Room Aimee Sierra Gymnasium Erich Multi-Purpose Room Meeting Room B Sierra Gymnasium Debbie Multi-Purpose Room Mikala Multi-Purpose Room Sierra Meeting Room A Multi-Purpose Room Meeting Room B Brandy Jennifer Multi-Purpose Room Aerobics/Cycling Room Sharon

Meeting Room B Multi-Purpose Room Multi-Purpose Room Aerobics/Cycling Room Gymnasium Multi-Purpose Room Meeting Room B Gymnasium

Gymnasium Multi-Purpose Room

Aerobics/Cycling Room Multi-Purpose Room Meeting Room B Multi-Purpose Room Multi-Purpose Room

## **GROUP FITNESS SCHEDULE**

## MIAMI COUNTY YMCA- ROBINSON BRANCH- FALL 2020

## Thursdays (continued)

9:00-10:00am

Zumba

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

Multi-Purpose Room

Angela