

GROUP FITNESS SCHEDULE

MIAMI COUNTY YMCA- ROBINSON BRANCH- FALL 2020

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
6:30-7:20	Tabata	Traci	Multi-Purpose Room

Tuesdays

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
8:15-9:00am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
8:15-9:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:00-9:45am	Yoga	Kaci	Meeting Room B
9:15-10:00am	Silver Sneaker Classic	Sierra	Gymnasium
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
10:15-11:30am	Zumba	Mikala	Multi-Purpose Room
10:30-11:15am	Nutrition for Longevity	Sierra	Meeting Room A
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
6:30-7:20	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
8:15-9:00am	Silver Sneaker Cardio Fit	Sierra	Gymnasium
9:00-9:45am	Yoga	Kaci	Meeting Room B
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
9:15-10:00am	Silver Sneaker Classic	Sierra	Gymnasium
10:15-11:30am	Zumba	Mikala	Multi-Purpose Room
10:30-11:15am	Balance	Sierra	Gymnasium

GROUP FITNESS SCHEDULE

MIAMI COUNTY YMCA- ROBINSON BRANCH- FALL 2020

Thursdays (continued)

4:15-5:00pm	Total Body Sculpt	Kaci	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