



NORM WAITT SR. YMCA | May 19th - May 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Fitness Studio B	5:15AM-6:00AM (Mind & Body) <i>Alma V.</i>				5:30AM-6:15AM (Mind & Body) <i>Alma V.</i>	8:00AM-8:55AM (Mind & Body) <i>Alma V.</i>	
Yoga Sculpt Fitness Studio B	6:15AM-7:00AM (Mind & Body) <i>YMCA S.</i>		6:15AM-7:00AM (Mind & Body) <i>YMCA S.</i>				
Fit Frenzy Fitness Studio A	7:00AM-7:30AM (Cardio & Strength) <i>YMCA S.</i>		7:00AM-7:30AM (Cardio & Strength) <i>YMCA S.</i>				
Aqua Fit Fitness Pool	7:30AM-8:30AM (Aqua) <i>Jan F.</i> 8:30AM-9:30AM (Aqua) <i>Jan F.</i>		7:30AM-8:30AM (Aqua) <i>Jan F.</i> 8:30AM-9:30AM (Aqua) <i>Jan F.</i>		7:30AM-8:30AM (Aqua) <i>Jan F.</i> 8:30AM-9:25AM (Aqua) <i>Jan F.</i>		
Power Fitness Studio A	9:00AM-10:00AM (Cardio & Strength) <i>Larry K.</i> 5:30PM-6:30PM (Cardio & Strength) <i>YMCA S.</i>	4:30PM-5:30PM (Cardio & Strength) <i>YMCA S.</i>	5:15AM-6:15AM (Cardio & Strength) <i>Kim W.</i> 9:00AM-10:00AM (Cardio & Strength) <i>Larry K.</i> 5:30PM-6:30PM (Cardio & Strength) <i>Cindy T.</i>	4:30PM-5:30PM (Cardio & Strength) <i>YMCA S.</i>	5:15AM-6:15AM (Cardio & Strength) <i>Kim W.</i>	9:30AM-10:30AM (Cardio & Strength) <i>YMCA S.</i>	
Enhance Fitness Fitness Studio B	9:30AM-10:30AM (Active Older Adults) <i>YMCA S.</i>		9:30AM-10:30AM (Active Older Adults) <i>YMCA S.</i>		9:30AM-10:30AM (Active Older Adults) <i>YMCA S.</i>		
Aqua Deep Fitness Pool	9:30AM-10:30AM (Aqua) <i>Jan F.</i>	9:30AM-10:30AM (Aqua) <i>Jan F.</i>	10:00AM-11:00AM (Aqua) <i>Jan F.</i>	9:30AM-10:30AM (Aqua) <i>Jan F.</i>	9:30AM-10:30AM (Aqua) <i>Jan F.</i>		
Balance Fitness Studio B	10:30AM-11:00AM (Active Older Adults) <i>Desiree D.</i>						
Delay the Disease \$ Fitness Studio A	11:00AM-12:00PM (Chronic Disease Prevention) <i>Desiree D.</i>		11:00AM-12:00PM (Chronic Disease Prevention) <i>Desiree D.</i>				

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Pilates Fitness Studio A	12:00PM-1:00PM (Mind & Body) YMCA S.		12:00PM-1:00PM (Mind & Body) YMCA S.				
Spin Break Fitness Studio B	12:15PM-1:00PM (Cycle) Bianca M.		12:15PM-1:00PM (Cycle) Bianca M.			10:30AM-11:15AM (Cycle) Bianca M.	
Blast Fitness Studio A	4:30PM-5:30PM (Cardio & Strength) Cindy T.	5:30PM-6:30PM (Cardio & Strength) YMCA S.	4:30PM-5:30PM (Cardio & Strength) Cindy T.			8:00AM-9:00AM (Cardio & Strength) Sandy S.	
Group Cycle Fitness Studio B	4:30PM-5:15PM (Cycle) YMCA S.	5:30AM-6:15AM (Cycle) YMCA S.					
Aqua Power Fitness Pool	5:30PM-6:30PM (Aqua) Caroline M.						
Adult Hip Hop Fitness Studio B	5:30PM-6:30PM (Cardio) YMCA S.						
Fight Fitness Studio A	6:30PM-7:30PM (Cardio) YMCA S.			5:30AM-6:30AM (Cardio) YMCA S.			
Tabata Fitness Studio A		5:15AM-6:15AM (Cardio & Strength) Alma V. 12:15PM-1:00PM (Cardio & Strength) Desiree D.	10:00AM-11:00AM (Cardio & Strength) Desiree D.	5:30PM-6:30PM (Cardio & Strength) YMCA S.			
Spin Strength Fitness Studio B		7:00AM-7:45AM (Cycle) YMCA S.					
Aqua Resistance Fitness Pool		8:30AM-9:30AM (Aqua) Jan F.		8:30AM-9:30AM (Aqua) Jan F.			
H.I.I.T Fitness Studio B		9:00AM-10:00AM (Cardio & Strength) Bianca G.					
TRX Fitness Studio A		9:00AM-10:00AM (Strength) Bianca G.					
Silver Sneakers Fitness Studio A		11:00AM-12:00PM (Active Older Adults) Desiree D.		11:00AM-12:00PM (Active Older Adults) Desiree D.			
Core Fitness Studio A		4:00PM-4:30PM (Cardio) YMCA S.		4:00PM-4:30PM (Cardio) YMCA S.		9:00AM-9:30AM (Cardio) YMCA S.	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Fitness Studio B		5:00PM-6:00PM (Mind & Body) <i>Alma V.</i>		6:00PM-7:00PM (Mind & Body) <i>Alma V.</i>			
Ride Fitness Studio B			5:15AM-6:15AM (Cycle) <i>Alma V.</i>	5:00PM-6:00PM (Cycle) <i>Alma V.</i>		9:00AM-10:00AM (Cycle) <i>Alma V.</i>	
Aqua Charged Fitness Pool			5:30PM-6:30PM (Aqua) <i>Melissa T.</i>				
Zumba Fitness Studio B			5:30PM-6:30PM (Cardio) <i>Caroline M.</i>				
Party Fit Fitness Studio B			7:00PM-8:00PM (Cardio) <i>YMCA S.</i>				
Centergy Fitness Studio B				5:15AM-6:15AM (Mind & Body) <i>Alma V.</i>			
Cardio Step Fitness Studio A				9:00AM-10:00AM (Cardio) <i>Rachel G.</i>			
G.A.L. Fitness Studio B				12:15PM-1:00PM (Cardio & Strength) <i>Desiree D.</i>			
Group Active Fitness Studio A				6:30PM-7:30PM (Cardio & Strength) <i>YMCA S.</i>			
Neuro Fit Fitness Studio B					9:00AM-9:30AM (Active Older Adults) <i>Desiree D.</i>		
Sweat Fitness Studio A					9:00AM-10:00AM (Cardio & Strength) <i>Bianca G.</i>		
G.A.L. Fitness Studio A					10:00AM-11:00AM (Cardio & Strength) <i>Desiree D.</i>		
TRX Circuits Fitness Studio A						7:00AM-8:00AM (Cardio & Strength) <i>Alma V.</i>	
Yoga + Meditation Fitness Studio A							11:00AM-12:30PM (Mind & Body) <i>Alma V.</i>