GROUP EXERCISE SCHEDULE

SIOUXLAND YMCA

NOVEMBER 9-15TH

FITNESS STUDIO B

11/9	11/10	11/11	11/12	11/13	11/14	11/15
Pilates 5:15- 6:00am	**Group Cycle** 5:15- 6:00am	**Free Style** 5:15- 6:15am	**Group Cycle** 5:15- 6:00am	**Pilates** 5:30- 6:00am	**Pilates** 8:05-9:05am	
Enhance 9:30-10:30am	**Yoga** 5:00-6:00pm	**Enhance** 9:30-10:30am	**Free Style Cycling** 5:00-6:00pm	**Enhance** 9:30-10:30am	**Free Style Cycling** 9:10-10:10am	
Balance 10:30-11:00am		**Barre 2.0** 5:30-6:30pm	**Yoga** 6:05-7:05pm			

QUESTIONS OR COMMENTS?

HEALTHYLIVING@NWSYMCA.ORG | 402-404-8439

YMCA360

FREE with your Siouxland YMCA membership!

GROUP EXERCISE SCHEDULE

SIOUXLAND YMCA

the YMCA 140 SIOUXLAND 1886-2026

NOVEMBER 10-13TH

COMMUNITY ROOM

11/10	11/11	11/12	11/13
Core 4:00-4:30pm	Power 5:15- 6:15am	Yoga Flow 5:15- 6:15am	Power 5:15- 6:15am
Power 4:35-5:35pm	Power 9:00-10:00am	Blast 9:00-10:00am	Group Active 9:00-10:00am
Blast 5:40-6:40pm	Tabata 10:05-11:05am	Burnout 10:05-11:05am	G.A.L 10:05-11:05am
Fly Fitness Throw Down 101 6:45-7:45pm	$ DTD 11:10-12:10pm	Silver Sneakers 11:10-12:10pm	
	Blast 4:30-5:30pm	Core 4:00-4:30pm	
	Power 5:35-6:35pm	Power 4:35-5:35pm	
	Zumba 6:40-7:40pm	Tabata 5:40-6:40pm	
		Fly Fitness Throw Down 101 6:45-7:45pm	

QUESTIONS OR COMMENTS?

HEALTHYLIVING@NWSYMCA.ORG | 402-404-8439

YMCA360

FREE with your Siouxland YMCA membership!