



GROUP EXERCISE SCHEDULE

The Y in Woodbury
EFFECTIVE OCTOBER 1ST, 2016

Facility Hours

Monday - Friday 5:00am-10:00pm

Sat & Sun 6:00am-9:00pm

Kids Stuff Hours

Mon - Thurs 8:30 am - 8:00pm

Friday 8:30 am - 7:00 pm

Saturday 8:00 am - 2:00 pm

Sunday 9:00 am - 6:00 pm

S1=Studio 1 S2=Studio 2 S3=Studio 3 G=Gym

Bold = New class or Change, All classes subject to cancellation

Must be 15 to attend Bodypump or Strength Train Together

Youth ages 10-14 may attend Group Fitness Classes with adult

Monday

Time	Class	Location	Instructor
5:30 - 6:30 am	Boot Camp Strength	S3	Meg
8:00 - 9:00 am	Studio Combo	S1	Linda
8:15 - 9:00 am	SilverSneakers® Circuit	S3	JoJo
9:15 - 10:15 am	Cardio Step Together	S3	Amy
9:15 - 10:15 am	Boot Camp	G	Merilee
9:15 - 10:15 am	Group Cycle & Core	S2	Linda
9:20 - 10:20 am	Active Older Adult Fitness Yoga	S1	Sara
10:20 - 11:20 am	BodyPump™	S3	Merilee/Becky
10:30 - 11:15 am	SilverSneakers® Circuit	S1	Linda
12:15 - 1:15 pm	Balance and Flex Together	S2	Sara
12:15 - 1:15 pm	Line Dancing	S3	Miriam
12:15 - 1:00 pm	Boot Camp	S1	Rachel
1:30 - 2:15 pm	SilverSneakers® Classic	S3	Linda
1:30 - 2:15 pm	SilverSneakers® Circuit	S1	Becky
5:45 - 6:45 pm	Zumba™	S3	Mell
6:30 - 7:30 pm	Yoga	S1	Liz
6:55 - 7:55 pm	BodyPump™	S3	Mell
7:00 - 8:00 pm	Line Dancing	S2	Miriam
8:00 - 9:00 pm	Line Dancing - Advanced	S2	Miriam
8:05 9:05 pm	Active Together	S3	Ashley

Thursday

Time	Class	Location	Instructor
5:30 - 6:30 am	Strength Train Together	S3	Kathy
8:00 - 8:30 am	Drums Alive®	S1	Deb
8:00 - 8:45 am	Advanced Mat Pilates	S2	Becky
8:15 - 9:00 am	SilverSneakers® Classic	S3	Leslie
8:30 - 9:00 am	Stretch	S1	Deb
9:15 - 10:15 am	Group Cycle & Core	S2	Dawn
9:15 - 10:15 am	Zumba™	S3	Becky
9:15 - 10:00 am	Boot Camp	S1	Rachel
10:30 - 11:30 am	Yoga Flow	S1	Bryanna
10:30 - 11:15 am	SilverSneakers® Classic	S3	JoJo
12:15 - 1:15 pm	BodyPump™	S3	JoJo
12:15 - 1:00 pm	Zumba™ Gold	S1	Colleen
1:30 - 2:15 pm	SilverSneakers® Yoga	S1	Linda
5:30 - 6:30 pm	RIPPED	S1	Hope
5:45 - 6:45 pm	Zumba™	S3	Yolanda
6:45 - 7:30 pm	Mat Pilates	S1	Hope
6:55 - 7:55 pm	Cardio Step Together	S3	Natasha
8:00 - 9:00 pm	Balance and Flex Together	S2	Hope
8:00 - 9:00 pm	BodyPump™	S3	Natasha

Tuesday

Time	Class	Location	Instructor
5:30 - 6:30 am	BodyPump™	S3	Elizabeth
8:00 - 9:00 am	AOA Fitness Yoga	S1	Becky
8:15 - 9:00 am	SilverSneakers® Classic	S3	Julie S.
9:15 - 10:15 am	Studio Combo	S1	Carrie
9:15 - 10:15 am	Group Cycle & Core	S2	JoJo
9:15 - 10:15 am	Zumba™	S3	Becky
10:30 - 11:30 am	Yoga Flow	S1	Sara
10:30 - 11:30 am	Tai chi for Health Part 2	S2	Kimberley S
10:30 - 11:15 am	SilverSneakers® Classic	S3	Linda
11:40 - 12:40 pm	Tai chi for Health	S1	Kimberly S
12:15 - 1:15 pm	BodyPump™	S3	JoJo
1:30 - 2:15 pm	SilverSneakers® Yoga	S1	Julie S.
4:40 - 5:25 pm	Boot Camp	S1	Rachel
5:40 - 6:40 pm	Balance and Flex Together	S1	Dawn
6:10 - 6:55 pm	Group Cycle	S2	Pete
6:50 - 7:50 pm	Defend Together	S1	Natasha
6:55 - 7:55 pm	Zumba™	S3	Janet
7:15 - 8:00 pm	Mat Pilates	S2	Teri
8:00 - 9:00 pm	BodyPump™	S3	Natasha

Friday

Time	Class	Location	Instructor
5:30 - 6:30 am	HITT Cycle	S2	Linda
8:00 - 9:00 am	Studio Combo	S1	JoJo
8:15 - 9:00 am	SilverSneakers® Circuit	S3	Monica
9:15 - 10:15 am	Cardio Step Together	S3	Monica
9:15 - 10:00 am	Group Cycle	S2	Linda
9:20 - 10:20 am	Active Older Adult Fitness Yoga	S1	Becky
10:20 - 11:20 am	Strength Train Together	S3	Amy
10:25 - 10:55 am	Tabata	S1	Bridget
11:05 - 12:05 pm	*Tai Chi Practice *	S1	Kimberley S
12:30 - 1:00 pm	BRIDGE TO FITNESS	S3	Becky
12:20 - 1:20 pm	Balance and Flex Together	S1	Dawn
1:30 - 2:15 pm	SilverSneakers® Classic	S3	Monica
5:45 - 6:45 pm	BodyPump™	S3	Mell
6:55 - 7:55 pm	Cardio Kick	S3	Mell

Wednesday

Time	Class	Location	Instructor
5:30 - 6:30 am	Group Cycle	S2	Meg
5:30 - 6:30 am	Tabata	S3	Elizabeth
8:00 - 9:00 am	Active Together	S3	Amy
8:00 - 9:00 am	Tai chi for Health	S2	Paul
8:15 - 9:00 am	SilverSneakers® Circuit	S1	Hope
9:15 - 10:15 am	Boot Camp	G	Merilee
9:15 - 10:15 am	Balance and Flex Together	S2	Hope
9:15 - 10:15 am	Cardio Step Together	S3	Amy
9:20 - 10:20 am	Active Older Adult Fitness Yoga	S1	Jan
10:20 - 11:20 am	BodyPump™	S3	Merilee/Amy
10:30 - 11:15 am	SilverSneakers® Circuit	S1	Monica
11:25 - 12:25 pm	Yogaflow	S1	Becky
12:15 - 1:00 pm	Boot Camp	S3	Rachel
12:30 - 1:15 pm	Mat Pilates	S1	Sara
1:30 - 2:15 pm	SilverSneakers® Circuit	S1	Becky
1:30 - 2:15 pm	SilverSneakers® Classic	S3	Linda
5:30 - 6:15 pm	Tabata	S1	Kathy
5:50 - 6:50 pm	Zumba™	S3	Renae
7:00 - 8:00 pm	Strength Train Together	S3	Dawn

Saturday

Time	Class	Location	Instructor
7:00 - 7:45 am	Group Cycle	S2	Susanne
8:00 - 9:00 am	RIPPED	S1	Hope
8:00 - 9:00 am	BodyPump™	S3	Becky
8:00 - 9:00 am	Yogaflow	S2	Julie W
9:10 - 10:10 am	Tabata	S1	Bridget/Hope
9:10 - 10:10 am	Zumba™	S3	Mell
10:15 - 11:15 am	Balance and Flex Together	S1	Rotation
10:20 - 11:20 am	Strength Train Together	S3	Kathy
11:25 - 12:25 pm	Cardio Step Together	S3	Natasha

Sunday

Time	Class	Location	Instructor
9:15 - 10:15 am	Tabata	S3	Rotation
9:15 - 10:15 am	Group Cycle	S2	Pete
10:30 - 11:30 am	Defend Together	S3	Nat/Gayle
4:20 - 5:20 pm	Strength Train Together	S3	Hope
5:30 - 6:30 pm	Balance and Flex Together	S1	Hope