



ADULT DROP-IN FITNESS CLASSES

YMCA in South Health Campus

January 9 – March 19, 2017 (Revised January 4, 2017)

Class	Day	Time	Instructor
Cycle Strength	Monday	9:05am-10:05am	Michelle
Yoga (Begins Jan. 23)		12:05pm-12:55pm	Sally
Core Strength		12:15pm-12:45pm	Vincenzo
Barbell Blast		5:45pm-6:45pm	Bryan
Yoga <i>*NEW*</i>		6:00pm-7:00pm	Dasha
Group Cycle	Tuesday	6:00am-6:45am	Ron
Kinetics <i>*NEW*</i>		9:00am-10:00am	Wellbeats
Instructor's Choice		12:05pm-12:55pm	Vincenzo
Zumba		5:45pm-6:45pm	Irma
Muscle Works <i>*NEW*</i>	Wednesday	9:05am-10:05am	Jacinta
Core Strength		12:15pm-12:45pm	Bryan
Muscle Works		6:00pm-7:00pm	Randy
Muscle Works	Thursday	9:00am-10:00am	Siea
Yoga		12:05pm-12:55pm	Karolina
Yoga		5:00pm-6:00pm	Shripal
Cross Training <i>*NEW*</i>		6:00pm-7:00pm	Joel
Zumba <i>*NEW*</i>		7:15pm-8:15pm	Martha
HIIT	Friday	9:15am-10:15am	Michelle
HIIT <i>*NEW*</i>		12:15pm-12:45pm	Jon
Member's Choice <i>*NEW*</i>		5:00pm-6:00pm	Wellbeats
Cardio Kickboxing <i>*NEW*</i>	Saturday	8:00am-8:45am	Rita
Step Fit		9:00am-10:00am	Rita
Performance Cycle	Sunday	9:00am-10:00am	Ron
Member's Choice <i>*NEW*</i>		10:10am-11:10am	Wellbeats