



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIVE POINTS BRANCH

SPRING GROUP EXERCISE SCHEDULE

SPRING 2 2018

**April 23rd –
June 17th**

All classes are 45 minutes unless noted:

*** = 60 min.
** = 30 min.**

Group Exercise classes are FREE for Full Members.

Schedule may be subject to change due to weather.

Child Watch Available

**Monday
6:00-8:30pm**

**Thursday
6:15-8:30pm**

**Friday
6:00-8:30pm**

Updated 1/3/18

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|---|--|
| | 6:45am Sunrise Yoga* Lisa G Studio | 7:00am Deepak Chopra Yoga* Donna V. Studio | 6:45am Sunrise Yoga* Lisa G Studio | 7:00am Deepak Chopra Yoga* Donna V. Studio | | 8:00am Sunrise Yoga* Lisa G Studio |
| | 9:00am AOA Fitness Linda Gym | 8:00am Arthritis Program * Linda Gym | 9:00am AOA Fitness Linda Gym | 8:00am Arthritis Program * Linda Gym | 10:15am Enhance Fitness* Linda Studio | |
| | 10:15am Enhance Fitness* Linda Studio | 9:15am Arthritis Program * Linda Gym | 10:15am Enhance Fitness* Linda Studio | 9:15am Arthritis Program * Linda Gym | | |
| | 6:00pm Yogalates Rose Studio | 10:30 am Tai Chi Linda Gym | | 10:30 am Tai Chi Linda Gym | | |
| | 6:45pm Meditation101** Rose Studio | | | 6:30pm Zumba Toning Beth Studio | 6:45pm Family Zumba Beth Studio | |
| | 7:30pm Zumba Nicole Studio | | | 7:15pm Yoga Rose Studio | | |

| WATER EXERCISE | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-----------------------------|---------|-----------------------------|----------|---------|
| Gentle Exercise | 8:00am 9:00am 11:00am | | 8:00am 9:00am 11:00am | | 9:00am |
| Deep Water | 10:00am | | 10:00am | | 10:00am |
| Hydro Health | | 9:00am | | 9:00am | |
| Aqua Zumba | 8:00 pm | | 8:00pm | | |
| Aqua Blast | | 8:05pm | | | |

The Gateway Family YMCA, Five Points Branch

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