



Fitness Schedule

Fitness Schedule July & August 2020

Time	Mon	Tues	Wed	Thurs	Fri
6:00 AM	Group Cycling 6-6:45AM	Group Cycling 6-6:45AM	Wednesday Wake-Up 6-6:45AM	Group Cycling 6-6:45AM	Muscle MAX 6-6:45AM
7:05 AM	Yoga stretch 7:05-7:45AM	Yoga 7:05-7:50AM	Yoga Stretch 7:05-7:45AM	Yoga 7:05-7:50AM	Yoga Stretch 7:05-7:45AM
8:05AM	Going Strong I 8:05-9AM		Going Strong I 8:05-9AM		Women's strength 8:05-9AM
8:10AM		Stretch & Strengthen 8:10-9AM		Stretch & Strengthen 8:10-9AM	
8:15AM		** Fit After 50 (TRX)		** Fit After 50 (TRX)	
8:30AM		Pool Fitness (Cole Pool)		Pool Fitness (Cole Pool)	
9:15AM	TRX	Poolates Small Pool	TRX	Poolates Small Pool	Poolates Small Pool TRX
9:20AM	Group Cycling 9:20-10:05AM	Strength & Conditioning 9:20-10:05AM	Group Cycling 9:20-10:05AM	Cardio/ Strength 9:20-10:05AM	Group Cycling 9:20-10:05AM
10 AM	AOA Pool Fitness Small Pool		*AOA Pool Fitness Small Pool		
10:30 AM	Going Strong II 10:30-11:15AM	Chair Yoga Poolates Deep End 10:30-11:15AM	Going Strong II 10:30-11:15AM	Chair Yoga Poolates Deep End 10:30-11:15AM	Going Strong II 10:30-11:15AM
11 AM	AOA Pool Fitness Small Pool		AOA Pool Fitness Small Pool		
11:35AM	**Beginner Tai Chi 11:35 -12:05PM	**Balance & Bones 11:35 -12:05PM	**Beginner Tai Chi 11:35 -12:05PM	**Balance & Bones 11:35 -12:05PM	**Beginner Tai Chi 11:35 -12:0 PM
12:10PM	**Progressive Tai Chi 12:10-12:40PM	Chair Yoga 12:30-1:30PM	**Progressive Tai Chi 12:10-12:40PM	Chair Yoga 12:30-1:30PM	**Progressive Tai Chi 12:10-12:40PM
1:00 PM	YOGA		YOGA		
1:00 PM		AOA Pool Fitness		AOA Pool Fitness	
5:10PM	Poolates				
5:15PM	Group Cycling 5:15-6PM	Body Shaping 5:15-6:15	Group Cycling 5:15-6PM	Body Shaping 5:15-6:15	
6:05PM	Cardio Kick at Camp Starts 7/27	Family Fit at Camp 6:05- 6:50PM Starts 7/28	Cardio Kick at Camp Starts 7/29	Family SwordFit Y's Outside Tent 6:30PM Starts 7/30	
6:20PM	Cardio Shape up 6:20- 7:10PM	Zumba 6:35-7:35PM	Cardio Shape up 6:20- 7:10PM	Zumba 6:35-7:35PM	
6:30PM				Family SwordFit Y's Outside Tent 6:30PM Starts 7/30	
7:15PM		TRX			

Saturday Cycling 7AM-8AM / Boot Camp 8:30AM-9:30AM

Registration is required for the purposes of contact tracing information. This does not reserve your spot
Water & TRX classes must register on a Daily Basis. Members will be able to sign up for a space 24 hours
in advance. Sign up can be done over the phone or in person at the YMCA.

Bring in your own water bottle & yoga mat.

Wear mask until you begin your workout and put on mask after your workout.

Starting Monday, July 27th Cardio Kick outside at Camp

Starting Tuesday, July 28st Family Fit outside at Camp

Starting Thursday, July 30th Family Swordfit Y's outside tent

We will monitor class space to determine if a 24 hour reservation plan needs to be implemented to handle
room capacity. Please communicate any concerns to staff. We appreciate your feedback.