



Y Alexandria

SUMMER 2018 | Group Exercise Schedule

6/25/18 – 8/31/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:55am All Terrain CYCLE Manny	6:00-6:55am All Terrain CYCLE Guy	6:00-6:55am All Terrain CYCLE Guy	6:00-6:55am Power, Strength and Speed CYCLE Nekea		7:45-8:45am BODYPUMP™ Mel Studio I	
6:00-6:55am H.E.A.T. Nekea Studio I	6:00-6:55am Body Sculpt Nancy Studio I	5:45-6:15am H.E.A.T. Falisa Studio I	6:00-6:30am GRIT@ Shaneda Studio I	6:00-6:55am Body Sculpt Nancy Studio I	8:00-8:55am Power Yoga Anne Studio II	9:15-10:15am Gentle Yoga Mimi Studio II
7:30-8:25 Into to Yoga Renee P Studio II	8:30-9:15am CYCLE Leah Coach by Color®	8:00-8:55am Pilates JoAnn Studio II	8:30-9:15am CYCLE Leah Coach by Color®		9:00-9:55am Yoga Anne Studio II	10:30-11:25am Power Vinyasa Mimi Studio II
8:00-8:45am Water Aerobics Shallow Marsha	8:30-9:25am SilverSneakers@ Cardio Fit Nicole Studio I	8:00-8:45am Water Aerobics Shallow Melinda	8:30-9:25am SilverSneakers Cardio Fit@ Nicole Studio I	8:00-8:45am Water Aerobics Shallow Aajah	9:00-9:55am Power, Strength and Speed CYCLE Nancy	10:30-11:25am Step Circuit Heather Studio I
8:30-9:25am SilverSneakers Classic@ Nicole Studio I	9:30-10:25am Yoga I Renee P Studio II	8:30-9:25am SilverSneakers Classic@ Nicole Studio I	9:30-10:25am Stability and Balance Kathy Studio II	8:30-9:25am SilverSneakers Circuit@ Nicole Studio I	9:00-9:55am Yoga Anne Studio II	11:00-11:55am Power, Strength and Speed CYCLE Manny/Ingrid
9:00-9:45am Deep Water Aerobics Aajah	9:30-11:00am Step and Abs Jo-Ann Studio I	9:00-9:45am Deep Water Aerobics Melinda	9:30-10:25am Cardio Dance Pat Studio I	9:00-9:45am Deep Water Aerobics Aajah	9:00-9:55am Cardio Kickboxing Latoya Studio I	5:30-6:15pm Core Power Nancy Studio I
9:00-9:55am Stability and Balance Kathryn Studio II	10:00-11:30am CYCLE Fusion (Fusion-Studio I) Caroline	9:30-10:25am Zumba Gold@ Nicole Studio II	10:00-11:30am CYCLE Fusion (Fusion-Studio II) Tracy	9:30-10:25am Yoga I Lynn Studio II	10:00-10:55am Step Jo-Ann/Barry Studio I	4:30-5:25pm Power, Strength and Speed CYCLE Nancy
9:30-10:25am Zumba@ Nicole Studio I	10:30-11:25am Gentle Yoga Renee P Studio II	9:30-10:30am BODYPUMP® Robin Studio I	10:30-11:25am Gentle Yoga Mimi Studio II	9:30-10:25am Zumba@ Nicole Studio I	10:15-11:10am Power, Strength and Speed CYCLE Ingrid	
10:00-10:55am Power Strength and Speed CYCLE Tracy	11:05-11:30am Fusion Caroline Studio I	10:45-11:40am Yoga Marisha Studio II	11:00-11:30am Fusion Tracy Studio I	10:30-11:25 Wall Yoga Lynn Studio II		
10:30-11:30am BODYPUMP™ Nicole Studio I		10:45-11:40am Body Step@ Robin Studio I		10:30-11:30am BODYPUMP™ Nicole Studio I	11am-12pm BODYPUMP™ Robin Studio I	
10:00am-6:00pm SUMMER CAMP Studio II	11:30am-6:30pm SUMMER CAMP Studio II	10:30am-6:30pm SUMMER CAMP Studio II	11:30am-6:00pm SUMMER CAMP Studio II	10:30am- 6:30pm SUMMER CAMP Studio II	12:05-1:00pm Zumba@ Melizza/Latoya Studio I	