



YMCA AT THE ATHENAEUM

LIVE GROUP EXERCISE SCHEDULE

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hours: 5am –9pm P&L: 9:30am–12:30pm	Hours: 5am –9pm P&L: 9:30am–12:30pm	Hours: 5am –9pm P&L: 9:30am–12:30pm	Hours: 5am –9pm P&L: 9:30am–12:30pm	Hours: 5am –8pm P&L: 9:30am–12:30pm	Hours: 7am –7pm P&L: CLOSED
6-7am Les Mills Body Pump w/ Gabe (studio)	6-7am Body Balance w/ Monica (loft)	6-7am Les Mills Body Pump w/ Ashley (studio)	6-7am Body Balance w/ Monica (loft)	6-7am Les Mills Body Pump w/ Gabe (studio)	9-10am Les Mills Body Pump w/ Rotation (studio)
		6-7am Cycle w/ Gabe (cycle)			9-10am Cycle w/ Tony
	AOA 9-10am Strength/Enduran w/ Mara (studio)	AOA 9-10am Cardio/Strength w/ Erik (studio)	AOA 9-10am Strength/Enduran w/ Mara (studio)	AOA 10:30-11:30am Cardio/Strength Erik (studio)	
5:30-6:30pm Les Mills Body Pump w/ Andrew (studio)	5:30-6:30pm Les Mills Body Pump w/ Erika (studio)		5:30-6:30pm Les Mills Body Pump w/ Deanne (studio)		
	6-7pm Cycle w/ Gabe		6-7:00pm Cycle w/ Tony		
		6-7pm Body Balance w/ Monica (Loft)			

CLASS COLOR CODE:

CARDIO	STRENGTH	MINDBODY
AOA	DANCE	CYCLE

Class Descriptions

Les Mills Body Pump– Gives you a total body workout with lots of repetitions.

Body Balance– Yoga, Tai Chi, Pilates workout that builds flexibility and Strength.

Strength and Endurance– For Active Older Adults who want to increase strength and metabolism with a total body workout.

Cardio/Strength– For Active Older Adults who want to increase cardio intervals as well as toning exercises.

Cycle– Group indoor cycling classes focusing on endurance, strength, intervals, and recovery.

CLASS LOCATIONS:

Basement
Weight Room:
1st floor
Wellness center:


2nd floor
Studio: Live + Virtual classes
Cycle: Live + Virtual classes
Loft: Live classes

 To reserve your spot in a class, visit the "YMCA of Greater Indianapolis" mobile app or website www.indy.recliquecore.com/classes.

Reservations are recommended. Walk-ins welcome!

 Virtual classes are available between live classes in the Studio and Cycle rooms.

Visit YMCA app or website for full virtual schedule.

 **BENEFIT FOR MEMBERS!** YMCA360 is an on-demand and live streaming platform with something for everyone and 24/7 access. Visit YMCA360.org or download the app to try it out today. Login using your email address associated with your YMCA membership.