



A.M. GROUP EXERCISE SCHEDULE BENJAMIN HARRISON YMCA

Effective 5.1.24

Exercising three (3) times a week will improve your overall health. Our schedules are designed to make your health our priority. In most cases, class intensity can be adjusted for beginner through advanced needs. Your instructor will share modification options.

Class schedules are subject to change. Please stay up-to-date with us via Facebook & on the web at www.indymca.org/benjamin-harrison

MON	TUE	WED	THURS	FRI	SAT	SUN
PLAY & LEARN HRS: 8am-2pm, 4-8pm	PLAY & LEARN HRS: 8am-2pm, 4-8pm	PLAY & LEARN HRS: 8am-2pm, 4-8pm	PLAY & LEARN HRS: 8am-2pm, 4-8pm	PLAY & LEARN HRS: 8am-2pm	PLAY & LEARN HRS: 8am-1pm	PLAY & LEARN HRS: CLOSED
5:15-5:45am LesMILLS GRIT	5:30-6:30am LesMILLS BODYPUMP	5:15-5:45am LesMILLS GRIT	5:30-6:30am LesMILLS BODYPUMP	5:15-5:45am LesMILLS GRIT		
		6-6:45am LesMILLS BODYPUMP		6-6:45am LesMILLS BODYPUMP		
7-8am LesMILLS BODYBALANCE	7-8am LesMILLS BODYBALANCE	7-8am LesMILLS BODYBALANCE	7-8am LesMILLS BODYBALANCE	7-8am LesMILLS BODYBALANCE	7:15-7:45am* LesMILLS BODYBALANCE	
8:30-9:30am Strength & Endurance-Claire		8:30-9:30am Strength & Endurance-Emily	8:15-8:45am Stretch Emily	8:30-9:30am Strength & Endurance-Heather	8:15-8:45am LesMILLS BODYATTACK	
	9-9:50am L.I.F.E (Low Impact for Everyone) -Emily		9-9:50am L.I.F.E (Low Impact for Everyone) -Emily		9-10am BODYPUMP Rotation	
10-11am Cardio Dance Sonya	9-9:55am Cardio Dance (Gym) Sonya					
	10:00-11am BODYBALANCE Bertha	10-11am Les Mills BODYPUMP Sonya	10:00-11am BODYBALANCE Melissa R.	10-11am Les Mills BODYPUMP Lynne	10:30-11:30am Zumba/Cardio Dance Rotation	11:15-12:15pm LesMILLS BODYBALANCE
11:05-11:50am SilverSneakers@ BOOM MIND -Beth	11:05-11:50am LIFE (Low Impact for Everyone) -Lorrayne	11:05-11:50am SilverSneakers@ BOOM MIND -Beth	11:05-11:50am LIFE (Low Impact for Everyone) -Lorrayne			

Les Mill Virtual Program Descriptions:
Barre – A modern version of classic balletic training designed to shape and tone postural muscles, build core strength and allow you to escape the everyday.
BODYBALANCE– Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your body, mind and life.
BODYPUMP – The original barbell workout for anyone looking to get lean, toned and fit-fast.

CENTER HOURS
 Monday - Friday
 5 AM - 9 PM
 Saturday
 7 AM - 7 PM
 Sunday
 11 AM - 6 PM

WHAT YOU NEED TO KNOW:

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- Please bring your own mat for mind/body classes
- Members are expected to assist with cleaning equipment before and after use.



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12-12:50pm SilverSneakers@ Yoga—Sharon	12-12:50pm Chair One Fitness Shar	12-12:50pm AOA Stretch Emily	12-12:50pm Chair One Fitness Sonya	12-12:50pm SilverSneakers@ Yoga—Sharon	12-1pm Hip Hop Step Natasha	
1-1:50pm LIFE (Low Impact for Everyone) -Emily	1-1:50pm L.I.F.E (Low Impact for Everyone) -Emily	1-1:50pm L.I.F.E (Low Impact for Everyone) -Emily	1-1:50pm L.I.F.E (Low Impact for Everyone) -Emily	1-1:50pm Silver Swans Sheila		
						2:30-3:30pm LES MILLS BODYPUMP
					4:15- 4:45pm LES MILLS CORE	4:00-4:30pm LES MILLS BODYATTACK
4-4:45pm LES MILLS BODYPUMP		4-4:45pm LES MILLS BODYPUMP		4-4:45pm LES MILLS BODYPUMP		4:45-5:45 pm LES MILLS BODYBALANCE
5:30-6:30pm Les Mills BODYPUMP LaDon	5:30-6:30pm Les Mills BODYPUMP Nancy	5:30-6:30pm Les Mills BODYPUMP Rotation	5:30-6:30pm Les Mills BODYPUMP Nancy		5-6pm LES MILLS BODYBALANCE	
					6:15-6:45pm LES MILLS BODYBALANCE	
6:45-7:45pm WERQ Cardio Dance Karen	6:45-7:45pm Cardio Dance (Gym) Sonya	6:45-7:45pm Hip Hop Step Natasha	6:45-7:45pm Cardio Dance Brittani	6-6:45pm LES MILLS SH'BAM		

CLASS COLOR CODE:

CARDIO	DANCE
STRENGTH	Active Older Adults
MIND /BODY	ON DEMAND



A.M. GROUP CYCLING SCHEDULE BENJAMIN HARRISON YMCA

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5:30-6:20am LES MILLS RPM	5:30-6am LES MILLS sprint	5:30-6:20am LES MILLS RPM	5:30-6am LES MILLS sprint	5:30-6:20am LES MILLS RPM		
7-7:30am LES MILLS sprint		7-7:30am LES MILLS sprint		7-7:30am LES MILLS sprint	7:15-7:45am LES MILLS sprint	
7:45-8:35am LES MILLS RPM	7:15-7:45am LES MILLS sprint	7:45-8:35am LES MILLS RPM	7:15-7:45am LES MILLS sprint	7:45-8:35am LES MILLS RPM		
	8:15-8:45am LES MILLS sprint		8:15-8:45am LES MILLS sprint			
9-10am Cycle Dana	9:15-10:05am LES MILLS RPM	9-10am Cycle Dana	9:15-10:05am LES MILLS RPM	9-10am Cycle Lori S.		
10:30-11am LES MILLS sprint	10:15-10:45am LES MILLS sprint	10:30-11am LES MILLS sprint	10:15-10:45am LES MILLS sprint	10:30-11am LES MILLS sprint		11:30am-12:20pm LES MILLS RPM
11:15-11:45am LES MILLS RPM	11:30am-12:20pm LES MILLS RPM	11:15-11:45am LES MILLS RPM		11:15-11:45am LES MILLS RPM	11:45am-12:15pm LES MILLS sprint	

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12-12:45p Cycle Claire	12:45-1:35pm LES MILLS RPM	12-12:30pm LES MILLS sprint	12-1pm Cycle & Tone Shaunda	12-12:30pm LES MILLS sprint	12:30-1pm LES MILLS RPM	
1:15-2:05pm LES MILLS RPM		1:15-2:05pm LES MILLS RPM		1:15-2:05pm LES MILLS RPM	1:15-1:45pm LES MILLS sprint	1:15-1:45pm LES MILLS sprint
2:15-2:45pm LES MILLS sprint	2-2:30pm LES MILLS sprint	2:15-2:45pm LES MILLS sprint	2-2:30pm LES MILLS sprint	2:15-2:45pm LES MILLS sprint	2-2:50pm LES MILLS RPM	2-2:50pm LES MILLS RPM
3-3:50pm LES MILLS RPM	2:45-3:35pm LES MILLS RPM	3-3:50pm LES MILLS RPM	2:45-3:35pm LES MILLS RPM	3-3:50pm LES MILLS RPM	3:15-3:45pm LES MILLS sprint	3-3:30pm LES MILLS sprint
4-4:50pm LES MILLS RPM	4-4:30pm LES MILLS sprint	4-4:50pm LES MILLS RPM	4-4:30pm LES MILLS sprint	4-4:50pm LES MILLS RPM	4-4:30pm LES MILLS RPM	4-4:50m LES MILLS RPM
	5-5:30pm LES MILLS RPM	5-5:30pm LES MILLS sprint	5-5:30pm LES MILLS RPM	5-5:30pm LES MILLS sprint	4:45-5:15pm LES MILLS sprint	5-5:30pm LES MILLS sprint
					5:30-6:20pm LES MILLS RPM	
6:30-7:30pm Hip Hop Cycle Kam	6-7pm Cycle: Worship on Wheels-Melanie	6-7pm Cycle Melissa B.	6-6:30pm LES MILLS sprint	7-7:30pm LES MILLS sprint		

Les Mill Virtual Program Descriptions

RPM – Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

Sprint – High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

