



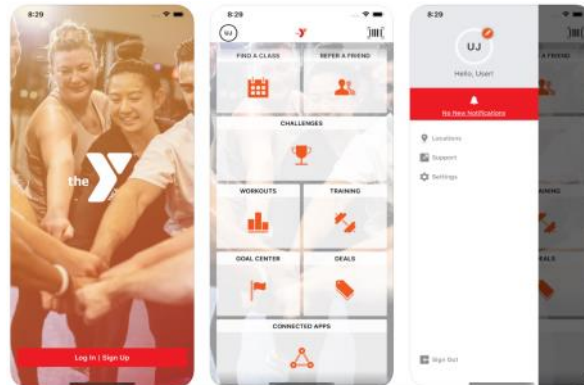
A.M. GROUP EXERCISE SCHEDULE BENJAMIN HARRISON YMCA

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 Les Mills BODYPUMP -Becky	5:15-6:15am LesMILLS BODYCOMBAT	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	7-7:45am LesMILLS BODYCOMBAT	7-8am LesMILLS BODYBALANCE	7-7:45am LesMILLS BODYCOMBAT	7-8am LesMILLS BODYBALANCE	7-8am LesMILLS BODYBALANCE	
8:30-9:30am Strength & Endurance -Claire	9 - 10am L.I.F.E. Emily	8:30-9:30am Strength & Endurance -Emily	9 - 10am L.I.F.E. Emily	8:30-9:30am Strength & Endurance -Heather	8:15-8:45am Les Mills BODYATTACK -Sarah	
	9-9:55am Cardio Dance (Gym) Sonya	9-9:55am Line Dancing (Gym) Lynda	9-9:55am Cardio Dance (Gym) Suzanne	9:15-9:45am LesMILLS STREAM	9-10am Les Mills BODYPUMP -Rotation	
10-11 am Cardio Dance + Weights (Gym) Sonya					10:30-11:30am Zumba/Cardio Dance -Rotation	
10-11am Les Mills BODYPUMP -Tiffany	10:05-11am Les Mills BODYBALANCE Bertha	10-11am Les Mills BODYPUMP -Sonya	10:05-11am Les Mills BODYBALANCE Tanya	10-11am Les Mills BODYPUMP -TBD	11-11:30am Les Mills BODYBALANCE Melanie (CRB)	11:15-11:45am LesMILLS BODYBALANCE

WHAT YOU NEED TO KNOW

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12-12:50 pm SilverSneakers® Yoga-Sharon	12-1pm T.E.A.M Training Emily (+Studio \$)	12-12:50 pm SilverSneakers® Yoga—Molly	12-1pm T.E.A.M Training Claire (+Studio \$)	12-12:50 pm SilverSneakers® Yoga-Sharon	12-1pm LES MILLS BODYCOMBAT	
1-2pm SilverSneakers® Classic-Claire	YMC360 1-2pm Silver Combo Virtual	1-2pm SilverSneakers® Circuit-Molly	YMC360 1-2pm Silver Strength & Stretch-Virtual	YMC360 1-2pm Silver Chair Practice-Virtual		
2:30-3:30pm LES MILLS BODYCOMBAT	2:30-3:30PM LES MILLS BODYBALANCE	2:30-3:30pm LES MILLS BODYCOMBAT	2:30-3:30PM LES MILLS BODYBALANCE		2:30-3:30pm L.I.F.E. Low Impact for Everyone-Lorrayne	2:30-3:30pm LES MILLS BODYPUMP
4-4:45pm LES MILLS BODYPUMP	4:30-5pm LES MILLS BODYCOMBAT	4-4:45pm LES MILLS BODYPUMP	4:30-5pm LES MILLS BODYCOMBAT	4:30-5:15pm LES MILLS BODYPUMP	4:15- 4:45pm LES MILLS CORE	4:00-4:30pm LES MILLS BODYATTACK
5-6pm Les Mills BODYPUMP-Sonya	5:30-6:30pm Les Mills BODYPUMP-Nancy	5:30-6:30pm Les Mills BODYPUMP-Leah	5:30-6:30pm Les Mills BODYPUMP-Nancy		5-6pm LES MILLS BODYBALANCE	4:45-5:45pm LES MILLS BODYBALANCE
6:30-7:30 Les Mills BODYATTACK- Sarah	6:45-7:45pm Cardio Dance (Gym) Sonya		6:45-7:45pm Cardio Dance Brittani	5:45-6:15 pm LES MILLS BODYBALANCE	6:30-7pm LES MILLS BODYBALANCE	
				6:30-7:30pm LES MILLS BODYCOMBAT		

CLASS COLOR CODE:

CARDIO	DANCE
STRENGTH	Active Older Adults
MIND /BODY	ON DEMAND

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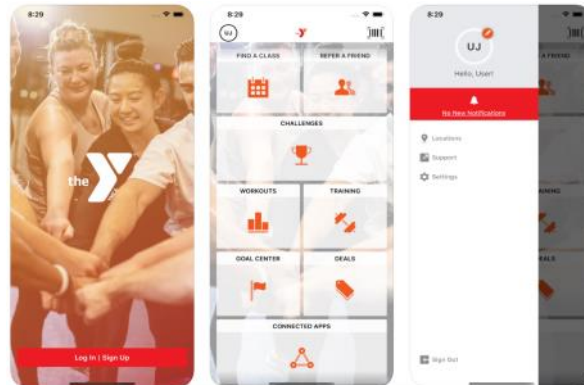
A.M. GROUP CYCLING SCHEDULE BENJAMIN HARRISON YMCA

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5:30-6:20am Les Mills RPM Becky	5:15-5:45am Les Mills sprint	5:30-6:20am Les Mills RPM	5:15-5:45am Les Mills sprint	5:30-6:20am Les Mills RPM		
7-7:30am Les Mills sprint	6-6:50am Les Mills RPM	7-7:30am Les Mills sprint	6-6:50am Les Mills RPM	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		
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 Debbie	10:15-10:45am Les Mills RPM Melanie	
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	11:45am-12:15pm Les Mills sprint	11:30am-12pm Les Mills sprint
11:15-12:05pm Les Mills RPM	11-11:50am Les Mills RPM	11:15-12:05pm Les Mills RPM	11-11:50am Les Mills RPM	11:15-12:05pm Les Mills RPM		

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12:15-12:45pm LES MILLS sprint	12-12:30pm LES MILLS sprint	12-12:45p Cycle Claire	12-12:30pm LES MILLS sprint	12-12:45p Cycle Claire	12:30-1pm LES MILLS RPM	12:15-1:05pm LES MILLS RPM
1:15-2:05pm LES MILLS RPM	12:45-1:35pm LES MILLS RPM	1:15-2:05pm LES MILLS RPM	12:45-1:35pm 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 sprint	5-5:30pm LES MILLS RPM	5-5:30pm LES MILLS sprint	5-5:50pm LES MILLS RPM	5-5:30pm LES MILLS sprint	4:45-5:15pm LES MILLS sprint	5-5:30pm LES MILLS sprint
		5:45-6:15pm LES MILLS RPM	6-6:30pm LES MILLS sprint		5:30-6:20pm LES MILLS RPM	
6:30-7:30pm Hip Hop Cycle Kam	6:30-7:30pm LesMills RPM Melanie	6:30-7:30pm Hip Hop Cycle Tionda		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.

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