



IRSAY FAMILY YMCA AT CITYWAY LIVE GROUP EXERCISE CLASS SCHEDULE

**Updated:
7/13/21**

MONDAY Hours: 5am –9pm	TUESDAY Hours: 5am –9pm	WEDNESDAY Hours: 5am –9pm	THURSDAY Hours: 5am –9pm	FRIDAY Hours: 5am –9pm	SATURDAY Hours: 7am –7pm
5:30—6:30am Cycle w/ Tracie	5:30—6:20am Cycle w/ Trisha	5:30—6:30 am Cycle w/ Tracie	5:30—6:20am Cycle w/ Trisha	5:30-6:15am Les Mills Body Pump w/ Trisha (GrX1)	8:30—9:15am HIIT w/ Brittany (GX1)
6—6:45am LesMills Body Attack w/ Anne (GrX1)	6—6:45am Les Mills Body Pump w/Sarah H. (GX1)	6—6:45am LesMills Body Attack w/ Sarah M (GrX1)	6—6:45am Les Mills Body Pump w/Sarah H. (GX1)		9—10 am Cycle w/ Andrea
9:30—10:30am Les Mills Body Pump w/ Anna L. (GrX1)		9:30—10:30am Les Mills Body Pump w/ Megan (GX1)		9:30—10:30am Les Mills Body Pump w/ Abbie (GX1)	9:30—10:30 Les Mills Body Pump w/ Brittany(GrX1)
11:30—12pm Total Body Training w/ Taj (GX1)	11—11:45am Les Mills Body Flow w/ Abbie (GX1)		11—11:45am Les Mills Body Flow w/ Abbie (GX1)		11—12p Cardio Hip Hop w/ Melanie GX1)
	12—12:45pm Cycle w/ Ashley	12—12:45pm Cycle w/ Patrick	12—12:45pm Cycle w/ Ashley		SUNDAY Hours: 11am –7pm
	12—12:45 AOA Dance: BollyX w/Jasmine (GX1)		12—12:45 AOA Circuit w/Kira (GX1)		12:30—12:50am Basic Stretch w/ Diane (GX1)
4:30 - 5:30pm Les Mills Body Pump w/ Michael (GX1)					1—2pm Cardio Dance Diane (GX1)
5 - 6pm Cycle w/ Adam	5 - 5:50pm Les Mills Body Pump w/Rachel F. (GX1)		5 - 6pm Total Body Training w/Taj (GX1)	6:30—7:30pm Dance: Bolly X Jasmine(GX1)	
	5:30- 6:30pm Cycle w/ Andrea	5:30- 6:30pm Hip Hop Cycle w/ Ron	5:30—6:30pm Cycle w/ Andrea		Class Reservations
6—7pm Cardio Dance Adrian (GX1)	6:15—7:15pm Step: Hip Hop Ron G. (GX1)	6—7pm Cardio Dance Adrian (GX1)			
7:15—8:15pm Les Mills Body Pump Megan (GrX1)	6:15—7:15pm Les Mills Body Flow w/ Brittany (GX2)		6:15—7:15pm Les Mills Body Pump Megan (GrX1)		

CLASS FORMAT COLOR

CARDIO	STRENGTH	MIND BODY
AOA	DANCE	CYCLE

To view our VIRTUAL Class Schedule, please check out the MINDBODY App!.

CLASSES ARE SUBJECT TO CHANGE. FOR THE UP-TO-DATE SCHEDULE, PLEASE USE CORE APP!