



# PIKE YMCA GROUP EXERCISE SCHEDULE Oct. 29 – Dec. 16

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. **Please note that this schedule is subject to change. Please refer to the website and schedules posted outside of the group exercise rooms for the most up to date information.**

MON	TUE	WED	THURS	FRI	SAT
PLAY & LEARN HRS: 9am-1pm, 5-8pm	PLAY & LEARN HRS: 9am-1pm, 5-8pm	PLAY & LEARN HRS: 9am-1pm, 5-8pm	PLAY & LEARN HRS: 9am-1pm, 5-8pm	PLAY & LEARN HRS: 9am-1pm, 5-7pm	PLAY & LEARN HRS: 9am-12pm
5:45-6:30 AM Les Mills Body Pump GES- Pam	5:45-6:30 AM Tabata GES- Stephanie	5:30-6:30 AM Cycle Pump- MPR Antwione	5:45-6:30 AM \$\$ TRX- MPR Antwione	5:45-6:30AM Cycle - MPR Katie/Nicole	8:00-8:45 AM HIIT GES- Stephanie
					9:30 - 10:30AM Les Mills Body Pump GES-Pam,Paula, Kim
9:15- 10:15 AM Les Mills Body Pump GES- Kim	9:00-9:45 AM Interval Train- GES Alison	9:30-10:30 AM Zumba GES- Lee Ara	9:15- 10:15 AM PIYO MEL / Mandy- GES	9:15-10:00 AM TurboKick- GES Mandy	
	10:30-11:30 AM PLAYTIME-MPR Play N Learn Staff	9:30-10:30 AM Cycle Pump- MPR Annette	10:15-11:45 AM GROSS MOTOR TIME-MPR Play N Learn Staff		
10:30-11:30 AM AOA Circuit GES- Pam	10:00-10:45 AM Zumba Gold- GES Barbara		10:45-11:30 AM Chair Yoga- GES Barbara	10:30-11:30 AM AOA Circuit GES- Pam	10:45-11:15 AM \$\$Tumbling Tots-MPR
11:45 AM-12:45 PM SilverSneakers Circuit GES- Pam	11:00 -11:45 AM Chair Yoga- GES Barbara	11:45 AM-12:30 PM AOA Circuit GES- Mary		11:45 AM-12:45 PM SilverSneakers Circuit GES- Pam	11:30 -12:30 PM \$\$Gymnastics-MPR
12:00-1:00 PM Cycle- MPR Annette	11:45AM-12:30 PM Intro to Yoga- MPR Barbara		11:45AM-12:30 PM Intro to Yoga- MPR Barbara		
	12:30-1:00 PM Les Mills Body Pump Express GES- Mary		12:30-1:00 PM Les Mills Body Pump Express GES- Pam		
1:00-2:00 PM SilverSneakers Classic GES- Barbara		1:00-2:00 PM SilverSneakers Classic GES- Barbara			<b>SUN</b>
3:00-5:00 PM-GES Family Workout Time Parent Supervised		3:00-5:00 PM-GES Family Workout Time Parent Supervised		3:00-5:00 PM-GES Family Workout Time Parent Supervised	PLAY & LEARN HRS: CLOSED
5:30-6:30 PM Intro to Yoga- MPR Barbara	5:00-5:45 PM Zumba- GES Shantel	5:15-6:00 PM Intro to Yoga- MPR Barbara	5:00-5:45 PM Les Mills Body Pump GES-Paula	5:30-6:30 PM Zumba- GES Lee Ara	
5:45-6:30PM Interval Train- GES Pam	5:30, 6:30,7:30 PM \$\$ Taekwondo- MPR North Indy Taekwondo	5:45-6:45 PM Les Mills Body Pump GES- Pam	5:30, 6:30,7:30 PM \$\$ Taekwondo- MPR North Indy Taekwondo	6:45-7:45 PM \$\$ HIP HOP- GES Nia	
	6:00-6:45 PM HIIT- GES Charise		6:00-6:45 PM Strength & Endurance GES- Pam		
6:45-7:45 PM Les Mills Body Pump GES-Mary		6:30-7:00 PM \$\$Tumbling Tots-MPR			
6:45-8:15 PM Yes to Vets Yoga MPR Yes to Vets Staff	7:00-8:00 PM Yoga-GES Melissa	7:00-8:00PM \$\$Gymnastics-MPR	7:00-7:45 PM Zumba- GES Stacy		
		7:00-7:45 PM Zumba- GES Abrion	8:00-8:45 PM Yoga-GES Courtney		

**CLASS COLOR CODE:**

MIND/BODY	CYCLE
ACTIVE OLDER ADULTS	CARDIO
STRENGTH	DANCE