



# LIVE GROUP EXERCISE & Y+STUDIO SCHEDULE MAY 2021 WITHAM FAMILY YMCA

Exercising three 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.

MON	TUE	WED	THUR	FRI	SAT
PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm	PLAY & LEARN: 9am-12pm
5:30-6:15am <b>Cycle</b> Val	5:30-6:15am <b>Total Body Training</b> Val (Gym)	5:30-6:15am <b>Cycle</b> Val	5:30-6:15am <b>Total Body Training</b> Val (Gym)	5:30-6:15am <b>Cycle</b> Val	7:30-8:30am <b>Step</b> Ann
9-9:45am <b>SilverSneakers</b> Gretchen (Gym)		9-9:45am <b>AOA</b> Aubrey (Gym)		9-9:45am <b>SilverSneakers Yoga</b> Gretchen	9-10am <b>Zumba®</b> Liz
9:30-10:30am <b>Les Mills BodyPump™</b> Val	9:30-10:30am <b>Cycle</b> Val	9:30-10:30am <b>Les Mills BodyPump™</b> Val	9:30-10:30am <b>Cycle</b> Val	9:30-10:30am <b>Strength &amp; Endurance</b> Val (Gym)	10:15-11:15am <b>Intro Yoga</b> Danielle
11:00am-12:00pm <b>Gentle Yoga</b> Gretchen				11:00am-12:00pm <b>Gentle Yoga</b> Gretchen	
	12:30-1:30pm <b>T.E.A.M Training</b> Jonathan (small group room)		12:30-1:30pm <b>T.E.A.M Training</b> Jonathan (small group room)		

					SUN
					PLAY & LEARN: CLOSED
6:00-6:30pm <b>T.E.A.M Training</b> Aubrey	6-6:45pm <b>Step</b> Ann	5:15-6:15pm <b>Intro Yoga</b> Danielle	6-6:45pm <b>Step</b> Ann		
6:45-7:30pm <b>Cycle</b> Kristie	6:45-7:45pm <b>Zumba®</b> Liz (Gym)	6:30-7:30pm <b>T.E.A.M Training</b> Aubrey (small group room)			

**CLASS COLOR CODE:**

CARDIO	DANCE
STRENGTH	AOA (Active Older Adults)
MIND/BODY	CYCLE
Y+STUDIO \$	



# VIRTUAL GROUP EXERCISE SCHEDULE MAY 2021 WITHAM FAMILY YMCA

Exercising three 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.

MON	TUE	WED	THUR	FRI	SAT
PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm & 4:30-7:30pm	PLAY & LEARN: 9am-12pm	PLAY & LEARN: 9am-12pm
	5:30am-6am Les Mills GRIT™ Cardio		5:30am-6am Les Mills GRIT™ Cardio		
6:30-7am Les Mills Barre™	6:30-7:30am Les Mills BodyFlow™	6:30-7am Les Mills Barre™	6:30-7:30am Les Mills BodyFlow™	6:30-7am Les Mills Barre™	11:30am-12:30pm Les Mills BodyFlow™
7:30-8:30am Les Mills Body Combat™	8-8:30am Les Mills RPM™	7:30-8:30am Les Mills Body Combat™	8-8:30am Les Mills RPM™	7:30-8:30am Les Mills Body Combat™	1:15-1:45pm Les Mills Barre™
8:45-9:30am Les Mills SH'BAM™		8:45-9:30am Les Mills SH'BAM™	10:45-11:30am Les Mills BodyFlow™		2-3pm Les Mills Body Combat™
	10:45-11:30am Les Mills BodyFlow™	10:45-11:30am Les Mills BodyFlow™			3-4pm Les Mills BodyPump™
	11:45-12:30pm Les Mills CORE™		11:45-12:30pm Les Mills CORE™	12:15-12:45pm Les Mills BodyPump™	4-4:50pm Les Mills RPM™
12:15-12:45pm Les Mills CORE™		12:15-12:45pm Les Mills CORE™			5:30-6:30pm Les Mills BodyPump™
1-1:50pm Les Mills RPM™	1-1:30pm Les Mills Grit™ Strength	1-1:50pm Les Mills RPM™	1-1:30pm Les Mills Grit™ Strength	1-1:50pm Les Mills RPM™	
2:15-2:45pm Les Mills Barre™	1:45-2:30pm Les Mills BodyFlow™	2:15-2:45pm Les Mills Barre™	1:45-2:30pm Les Mills BodyFlow™	2:15-2:45pm Les Mills Barre™	<b>SUN</b>
3-3:30pm Les Mills Sprint™	3-3:50pm Les Mills RPM™	3-3:30pm Les Mills Sprint™	3-3:50pm Les Mills RPM™	3-3:30pm Les Mills Sprint™	PLAY & LEARN: CLOSED
3:45-4:15pm Les Mills CORE™		3:45-4:15pm Les Mills CORE™		3:45-4:15pm Les Mills CORE™	11:30am-12:20pm Les Mills RPM™
4:30-5pm Les Mills GRIT™ Cardio	4:30-5pm Les Mills GRIT™ Cardio	4:30-5pm Les Mills GRIT™ Athletic	4:30-5pm Les Mills GRIT™ Cardio	4:30-5pm Les Mills GRIT™ Athletic	12:45-1:45pm Les Mills BodyFlow™
5:15-5:45pm Les Mills Barre™	5:15-5:45pm Les Mills Sprint™		5:15-5:45pm Les Mills Sprint™		2-3pm Les Mills BodyPump™
		6:30-7:30pm Les Mills BodyPump™		6-7pm Les Mills BodyPump™	3:15-4:15pm Les Mills Body Combat™
	7:15-7:45pm Les Mills BodyPump™		7:15-7:45pm Les Mills BodyPump™		4:30-5pm Les Mills CORE™
					5:15-5:45pm Les Mills SH'BAM™

**CLASS COLOR CODE:**

CARDIO	DANCE	CYCLE	MIND/BODY	STRENGTH	VIRTUAL AT HOME
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