

GROUP EXERCISE SCHEDULE

JULY 2025



MON	TUE	WED	THU	FRI	SAT
	1 5:30am Cycling/HIIT Combo 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am Cardio & Conditioning** 9:30am AOA Circuit Lite** 10:30am AOA Yoga Lite** 6:00pm Zumba	2 5:15am MX4 Intervals* 6:00am MX4 Intervals* 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 9:30am Sculpt & Stretch 10:15am AOA Strength & Stability Lite** 12:00pm MX4 Intervals* 4:00pm Yoga	3 5:30am Cycling** 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am AOA Yoga Lite** 10:30am AOA Strength & Stability** 6:00pm Zumba Toning	4 INDEPENDENCE DAY NO CLASSES YMCA CLOSED	5 8:15am Zumba
7 5:30am HIIT 7:00am Women on Weights** 8:00am Cycling Express* 8:15am Chair Zumba** 8:15am SilverSneakers Classic** 8:45am MX4 Intervals* 9:15am Zumba Gold** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am AOA Yoga** 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*	8 5:30am Cycling/HIIT Combo 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am Cardio & Conditioning** 9:30am AOA Circuit Lite** 10:30am AOA Yoga Lite** 6:00pm Zumba	9 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 10:15am AOA Strength & Stability Lite** 12:00pm MX4 Intervals* 4:00pm Yoga	10 5:30am Cycling** 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am AOA Yoga Lite** 10:30am AOA Strength & Stability** 6:00pm Zumba Toning	11 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am AOA Circuit** 8:15am MX4 Intervals* 9:00am HIIT Boxing** 9:15am AOA Circuit** 10:15am Strong You**	12 8:15am Zumba
14 5:30am HIIT 7:00am Women on Weights** 8:00am Cycling Express* 8:15am Chair Zumba** 8:15am SilverSneakers Classic** 8:45am MX4 Intervals* 9:15am Zumba Gold** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am Kickboxing Express* 10:15am AOA Yoga** 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*	15 5:30am Cycling/HIIT Combo 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am Cardio & Conditioning** 9:30am AOA Circuit Lite** 10:30am AOA Yoga Lite** 6:00pm Zumba	16 5:15am MX4 Intervals* 5:30am Yoga Sculpt** 6:00am MX4 Intervals* 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 9:30am Sculpt & Stretch 10:15am AOA Strength & Stability Lite** 12:00pm MX4 Intervals* 4:00pm Yoga	17 5:30am Cycling** 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am AOA Yoga Lite** 10:30am AOA Strength & Stability** 6:00pm Zumba Toning	18 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am AOA Circuit** 8:15am MX4 Intervals* 9:00am HIIT Boxing** 9:15am AOA Circuit** 10:15am Strong You**	19 8:15am Zumba
21 5:30am HIIT 7:00am Women on Weights** 8:00am Cycling Express* 8:15am Chair Zumba** 8:15am SilverSneakers Classic** 8:45am MX4 Intervals* 9:15am Zumba Gold** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am Kickboxing Express* 10:15am AOA Yoga** 12:00pm MX4 Intervals* 5:30pm MX4 Intervals*	22 5:30am Cycling/HIIT Combo 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am AOA Circuit Lite** 10:30am AOA Yoga Lite** 6:00pm Zumba	23 5:15am MX4 Intervals* 5:30am Yoga Sculpt** 6:00am MX4 Intervals* 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 9:30am Sculpt & Stretch 10:15am AOA Strength & Stability Lite** 12:00pm MX4 Intervals* 4:00pm Yoga	24 5:30am Cycling** 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am AOA Yoga Lite** 10:30am AOA Strength & Stability** 6:00pm Zumba Toning	25 5:15am MX4 Intervals* 6:00am MX4 Intervals* 7:15am Yoga Fusion** 8:15am AOA Circuit** 8:15am MX4 Intervals* 9:15am AOA Circuit** 10:15am Strong You**	26 8:15am Zumba
28 5:30am HIIT 7:00am Women on Weights** 8:00am Cycling Express* 8:15am Chair Zumba** 8:15am SilverSneakers Classic** 8:45am MX4 Intervals* 9:15am Zumba Gold** 9:15am SilverSneakers Classic** 9:30am MX4 Intervals* 10:15am Strong You** 10:15am Kickboxing Express* 10:15am AOA Yoga**	29 5:30am Cycling/HIIT Combo 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am Cardio & Conditioning** 9:30am AOA Circuit Lite** 10:30am AOA Yoga Lite** 6:00pm Zumba	30 5:15am MX4 Intervals* 5:30am Yoga Sculpt** 6:00am MX4 Intervals* 8:15am Kickboxing Intervals 8:15am SilverSneakers Classic** 9:15am SilverSneakers Classic** 9:30am Sculpt & Stretch 10:15am AOA Strength & Stability Lite** 4:00pm Yoga	31 5:30am Cycling** 7:15am MX4 Intervals* 8:00am MX4 Intervals* 8:15am 30/30 8:15am Yoga 8:45am MX4 Intervals* 9:30am AOA Yoga Lite** 10:30am AOA Strength & Stability** 6:00pm Zumba Toning	ALL CLASSES ARE 60 MINUTES UNLESS NOTED: ** = 45 MINUTE CLASS * = 30 MINUTE CLASS	

GROUP EXERCISE SCHEDULE BY INSTRUCTOR

Instructor list subject to change based on sub requests and fulfillment. Check GroupExPro.com for most up-to-date instructor per class.

Amy N	Cycling	Thursdays	5:30 am	Studio C – 12 Participants Max
Cynthia N	Yoga Sculpt	Wednesdays	5:30 am	Studio A – 15 Participants Max
Jane S	Strong You	Mondays & Fridays	10:15 am	Small Gym – 25 Participants Max
Jessica L	Cycling/HIIT Combo	Tuesdays	5:30 am	Studio A+C – 12 Participants Max
Karla P	Zumba	Tuesdays	6:00 pm	Studio A – 16 Participants Max
	Zumba Toning	Thursdays	6:00 pm	Studio A – 12 Participants Max
Kathy R	SilverSneakers Classic	Mondays & Wednesdays	8:15 & 9:15 am	Small Gym – 23 Participants Max
	AOA Circuit Lite	Tuesdays	9:30 am	Small Gym – 23 Participants Max
	AOA Strength & Stability	Thursdays	10:30 am	Studio A – 20 Participants Max
	AOA Strength & Stability Lite	Wednesdays	10:15 am	Small Gym – 23 Participants Max
	AOA Yoga	Mondays	10:15 am	Studio A – 22 Participants Max
	AOA Yoga Lite	Tuesdays Thursdays	10:30 am 9:30 am	Studio A – 22 Participants Max
	Yoga	Thursdays	8:15 am	Studio A – 22 Participants Max
Mary B	30/30	Tuesdays & Thursdays	8:15 am	Small Gym – 25 Participants Max
	AOA Circuit	Fridays	8:15 am	Small Gym – 25 Participants Max
Melissa C	HIIT	Mondays	5:30 am	Studio A – 16 Participants Max
	HIIT Boxing	Fridays	9:00 am	Studio D+D2 – 12 Participants Max
	Kickboxing Express	Mondays	10:15 am	Studio D+D2 – 10 Participants Max
	Kickboxing Intervals	Wednesdays & Fridays	8:15 am	Studio D+D2 – 10 Participants Max
	MX4 Intervals	Mondays Wednesdays Fridays	8:45 & 9:30 am 5:15 & 6:00 am 5:15, 6:00 & 8:15 am	Studio D – 8 Participants Max
	Sculpt & Stretch	Wednesdays	9:30 am	Studio A – 16 Participants Max
Molly M	Cardio & Conditioning	Tuesdays (every other)	9:30 am	Studio A – 16 Participants Max
	Cycling Express	Mondays	8:00 am	Studio C – 12 Participants Max
	Women on Weights	Mondays	7:00 am	Studio A – 16 Participants Max
	Yoga	Tuesdays (every other)	8:15 am	Studio A – 22 Participants Max
	Yoga Fusion	Fridays	7:15 am	Studio A – 22 Participants Max
Pam T	AOA Circuit	Fridays	9:15 am	Small Gym – 25 Participants Max
Phil J	Yoga	Wednesdays	4:00 pm	MGC Room – 14 Participants Max
Riya T	Chair Zumba	Mondays	8:15 am	Studio A – 16 Participants Max
	Zumba	Saturdays	8:15 am	Studio A – 16 Participants Max
	Zumba Gold	Mondays	9:15 am	Studio A – 18 Participants Max
Vicki H	MX4 Intervals	Mondays Tuesdays Wednesdays Thursdays	12:00 & 5:30 pm 7:15, 8:00 & 8:45 am 12:00 pm 7:15, 8:00 & 8:45 am	Studio D – 8 Participants Max