

GROUP EXERCISE SCHEDULE

MAY 2025



MON

TUE

WED

THU

FRI

SAT

**ALL CLASSES ARE
60 MINUTES UNLESS NOTED:**

**** = 45 MINUTE CLASS**

*** = 30 MINUTE CLASS**

1

5:30am Cycling**
6:30am MX4 Intervals*
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**
5:30pm Yoga
6:00pm Zumba Toning

2

5:15am MX4 Intervals*
6:00am MX4 Intervals*
7:15am Yoga Fusion**
8:15am AOA Circuit**
9:15am AOA Circuit**
10:15am Strong You**

3

8:15am Zumba

5

5:30am HIIT
6:45am MX4 Intervals*
7:00am Women on Weights**
8:00am Cycling Express*
8:15am SilverSneakers Classic**
8:15am Chair Zumba**
8:45am MX4 Intervals*
9:15am SilverSneakers Classic**
9:15am Zumba Gold**
9:30am MX4 Intervals*
10:15am Strong You**
10:15am Kickboxing Express*
10:15am AOA Yoga**
12:00pm MX4 Intervals*
5:30pm MX4 Intervals*

6

5:30am Cycling/HIIT Combo
6:30am MX4 Intervals*
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 MX4 Intervals*
9:30am AOA Circuit Lite**
10:30am AOA Yoga Lite**
6:00pm Zumba

7

5:15am MX4 Intervals*
5:30am Yoga Sculpt**
6:00am MX4 Intervals*
6:45am MX4 Intervals*
8:15am SilverSneakers Classic**
8:15am Kickboxing Intervals
9:15am SilverSneakers Classic**
9:30am Sculpt & Stretch
10:15am AOA Strength & Stability Lite**
12:00pm MX4 Intervals*
4:00pm Yoga
5:30pm MX4 Intervals*
6:15pm Kickboxing Express*

8

5:30am Cycling**
6:30am MX4 Intervals*
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**
5:30pm Yoga
6:00pm Zumba Toning

9

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**

10

8:15am Zumba

12

5:30am HIIT
6:45am MX4 Intervals*
7:00am Women on Weights**
8:00am Cycling Express*
8:15am SilverSneakers Classic**
8:15am Chair Zumba**
8:45am MX4 Intervals*
9:15am SilverSneakers Classic**
9:15am Zumba Gold**
9:30am MX4 Intervals*
10:15am Strong You**
10:15am Kickboxing Express*
10:15am AOA Yoga**
12:00pm MX4 Intervals*
5:30pm MX4 Intervals*

13

5:30am Cycling/HIIT Combo
6:30am MX4 Intervals*
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 MX4 Intervals*
9:30am AOA Circuit Lite**
10:30am AOA Yoga Lite**
6:00pm Zumba

14

5:15am MX4 Intervals*
5:30am Yoga Sculpt**
6:00am MX4 Intervals*
6:45am MX4 Intervals*
8:15am SilverSneakers Classic**
8:15am Kickboxing Intervals
9:15am SilverSneakers Classic**
9:30am Sculpt & Stretch
10:15am AOA Strength & Stability Lite**
12:00pm MX4 Intervals*
4:00pm Yoga
5:30pm MX4 Intervals*
6:15pm Kickboxing Express*

15

5:30am Cycling**
6:30am MX4 Intervals*
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**
5:30pm Yoga
6:00pm Zumba Toning

16

5:15am MX4 Intervals*
6:00am MX4 Intervals*
7:15am Yoga Fusion**
8:15am AOA Circuit**
9:15am AOA Circuit**
10:15am Strong You**

17

8:15am Zumba

19

5:30am HIIT
6:45am MX4 Intervals*
7:00am Women on Weights**
8:00am Cycling Express*
8:15am SilverSneakers Classic**
8:15am Chair Zumba**
8:45am MX4 Intervals*
9:15am SilverSneakers Classic**
9:15am Zumba Gold**
9:30am MX4 Intervals*
10:15am Strong You**
10:15am Kickboxing Express*
10:15am AOA Yoga**
12:00pm MX4 Intervals*
5:30pm MX4 Intervals*

20

5:30am Cycling/HIIT Combo
6:30am MX4 Intervals*
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 MX4 Intervals*
9:30am AOA Circuit Lite**
10:30am AOA Yoga Lite**
6:00pm Zumba

21

5:15am MX4 Intervals*
5:30am Yoga Sculpt**
6:00am MX4 Intervals*
6:45am MX4 Intervals*
8:15am SilverSneakers Classic**
8:15am Kickboxing Intervals
9:15am SilverSneakers Classic**
9:30am Sculpt & Stretch
10:15am AOA Strength & Stability Lite**
12:00pm MX4 Intervals*
4:00pm Yoga
5:30pm MX4 Intervals*
6:15pm Kickboxing Express*

22

5:30am Cycling**
6:30am MX4 Intervals*
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**
5:30pm Yoga
6:00pm Zumba Toning

23

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**

24

8:15am Zumba

26

**MEMORIAL DAY
YMCA CLOSED**

27

5:30am Cycling/HIIT Combo
6:30am MX4 Intervals*
7:15am MX4 Intervals*
8:00am MX4 Intervals*
8:15am 30/30
8:15am Yoga
8:45am MX4 Intervals*
9:30am MX4 Intervals*
9:30am AOA Circuit Lite**
10:30am AOA Yoga Lite**
6:00pm Zumba

28

5:15am MX4 Intervals*
5:30am Yoga Sculpt**
6:00am MX4 Intervals*
6:45am MX4 Intervals*
8:15am SilverSneakers Classic**
8:15am Kickboxing Intervals
9:15am SilverSneakers Classic**
10:15am AOA Strength & Stability Lite**
12:00pm MX4 Intervals*
4:00pm Yoga
5:30pm MX4 Intervals*
6:15pm Kickboxing Express*

29

5:30am Cycling**
6:30am MX4 Intervals*
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**
5:30pm Yoga
6:00pm Zumba Toning

30

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**

31

8:15am Zumba

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
Catie P	MX4 Intervals	Mondays & Wednesdays Tuesdays Wednesdays Thursdays	6:45 am 6:30 & 9:30 am 5:30 pm 6:30 am	Studio D – 8 Participants Max
	Kickboxing Express	Wednesdays	6:15 pm	Studio D+D2 – 10 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 Thursdays	4:00 pm 5:30 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