

Group Fitness Classes January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court SH=Staunton High RB=Racquetball Court		*Please note the addition of a cycling class at 9am in the cycling studio on Wednesdays.			1 Happy New Year! The Y is closed today!
2 3:00 Gentle Flow Yoga (MB) <u>Nancy</u>	3 5:45 BCamp(BB) <u>Lisa</u> 8:30 Zumba(BB) <u>Eleanor</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Nancy</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 6:00 Zumba(CS) <u>Melissa S</u> 6:30 Cycle(CS) <u>SBJ</u>	4 5:45 Cycling(CS) <u>Iris</u> 8:30 Barre(CS) <u>Sheree</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Lift&Pump(CS) <u>Donna</u> 5:30 Vinyasa Yoga (MB) <u>Sarabeth</u>	5 5:45 BCamp(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:00 Cycle(CS) <u>Sarabeth</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Melissa S</u>	6 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Mason</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Melissa S</u>	7 5:45 Cycling(CS) <u>Lisa</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	8 8:30 Cycling(CS) <u>Lisa</u>
9 3:00 Gentle Flow Yoga (MB) <u>Mason</u>	10 5:45 BCamp(BB) <u>Lisa</u> 8:30 Zumba(BB) <u>Eleanor</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 6:00 Zumba(CS) <u>Melissa S</u> 6:30 Cycle(CS) <u>SBJ</u>	11 5:45 Cycling(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	12 5:45 BCamp(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:00 Cycle(CS) <u>Sarabeth</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Melissa S</u>	13 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Melissa A</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Donna</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Melissa S</u>	14 5:45 Cycling(CS) <u>Lisa</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	15 8:30 Cycling(CS) <u>Jenn</u>
16 3:00 Gentle Flow Yoga (MB) <u>Mason</u>	17 5:45 BCamp(BB) <u>Lisa</u> 8:30 Zumba(BB) <u>Eleanor</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Melissa A</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 6:00 Zumba(CS) <u>Melissa S</u> 6:30 Cycle(CS) <u>SBJ</u>	18 5:45 Cycling(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Sheree</u> 8:30 BCamp(BB) <u>No Class</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Lift&Pump (CS) <u>SBJ</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	19 5:45 BCamp(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</u> 9:00 Cycle(CS) <u>Sarabeth</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Melissa S</u>	20 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Melissa A</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Donna</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Melissa S</u>	21 5:45 Cycling(CS) <u>Iris</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	22 8:30 Cycling(CS) <u>Sarabeth</u> 1:00-2:30(CS) Sound Meditation <u>Linda</u> *See flyer for description at the front desk.
23 3:00 Gentle Flow Yoga (MB) <u>Nancy</u>	24 5:45 BCamp(BB) <u>Lisa</u> 8:30 Zumba(BB) <u>Eleanor</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 6:00 Zumba(CS) <u>Melissa S</u> 6:30 Cycle(CS) <u>Donna</u>	25 5:45 Cycling(CS) <u>Lisa</u> 8:30 Barre(CS) <u>Melissa A</u> 8:30 BCamp(BB) <u>NoClass</u> 8:30 Vinyasa Yoga(MB) <u>Marsha</u> 11:00 Senior Fit (CS) <u>Iris</u> 11:15 PACE(MB) <u>Peggy</u> 4:30 Lift&Pump (CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	26 5:45 BCamp(CS) <u>Iris</u> 8:30 Zumba(CS) <u>No Class</u> 8:00 Men's Yoga(MB) <u>SBJ</u> 9:00 Cycle(CS) <u>Sarabeth</u> 9:30 Strength(CS) <u>Avis</u> 10:00 Adaptive Yoga(MB) <u>Marsha</u> 11:15 Chair Yoga(MB) <u>MP</u> 5:00 Barre(CS) <u>Melissa A</u> 5:30 Cycling(CS) <u>Donna</u> 6:00 Zumba(CS) <u>Melissa S</u>	27 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u> 11:00 Senior Fit (CS) <u>ER</u> 11:15 PACE(MB) <u>Carol</u> 4:30 Lift&Pump(CS) <u>Donna</u> 5:30 Vinyasa Yoga(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Melissa S</u>	28 5:45 Cycling(CS) <u>Iris</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Pilates(MB) <u>Sheree</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u>	29 8:30 Cycling(CS) <u>Donna</u>
30 3:00 Gentle Flow Yoga (MB) <u>Nancy</u>	31 5:45 BCamp(BB) <u>Lisa</u> 8:30 Zumba(BB) <u>Eleanor</u> 8:30 Fit For Life(CS) <u>Cathy</u> 8:30 Gentle Flow (MB) <u>Melissa M.</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:15 Tai Chi S73(MB) <u>LR</u> 6:00 Zumba(CS) <u>Melissa S</u> 6:30 Cycle(CS) <u>Donna</u>					