


Group Fitness Classes September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court SH=Staunton High RB=Racquetball Court</p> <p>*Boot Camp at Staunton High School will take a break in September.</p>	<p>*Please note the addition of the Lift & Pump class on Mondays at 5:30pm with a "live" instructor. We have kept the 4:30pm class as a Virtual option as well as on Thursdays at 4:30pm.</p>		<p>1 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Virtual</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Maria</u></p>	<p>2 8:30 Fit For Life(BB) <u>No Class</u> 8:30 Pilates(MB) <u>Melissa A</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></p>	<p>3 8:30 Cycling(CS) <u>Jenn</u> 8:30 Gentle Flow Yoga(MB) <u>Nancy</u></p>
<p>4 3:00 Gentle Flow Yoga (MB) <u>Dawn</u></p>	<p>5 The Y is closed today in observance of Labor Day</p> 	<p>6 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>Virtual</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga (MB) <u>Sarabeth</u></p>	<p>7 5:45 BCamp(CS) <u>Lisa</u> 8:00 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</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>Jenn</u> 6:00 Zumba(CS) <u>No Class</u> 6:00 Gentle Flow(MB) <u>MA</u></p>	<p>8 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Sarabeth</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Virtual</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Maria</u></p>	<p>9 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 8:30 Cycling(CS) <u>Ginger</u> 9:30 Tabata(CS) <u>Eleanor</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u></p> <p>*Please note there is a cycling class with Ginger scheduled for the 9th, 16th, 23rd, and 30th for this month in the cycling studio!</p>	<p>10 8:30 Cycling(CS) <u>Lisa</u> 8:30 Gentle Flow Yoga(MB) <u>Ginger</u></p>
<p>11 3:00 Gentle Flow Yoga (MB) <u>Mason</u></p>	<p>12 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Maria</u> 6:30 Cycle(CS) <u>SBJ</u></p>	<p>13 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>Virtual</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u></p>	<p>14 5:45 BCamp(CS) <u>Iris</u> 8:00 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</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>Jenn</u> 6:00 Zumba(CS) <u>No Class</u> 6:00 Gentle Flow(MB) <u>MA</u></p>	<p>15 5:45 Lift&Pump(CS) <u>Lisa</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Ginger</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Virtual</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Maria</u></p>	<p>16 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 8:30 Cycling(CS) <u>Ginger</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u></p>	<p>17 8:30 Cycling(CS) <u>Ginger</u> 8:30 Gentle Flow Yoga(MB) <u>Mason</u></p>
<p>18 3:00 Gentle Flow Yoga (MB) <u>Ginger</u></p>	<p>19 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>No Class</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Gentle Flow(MB) <u>Mason</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>Maria</u> 6:30 Cycle(CS) <u>Jenn</u></p>	<p>20 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>Virtual</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Melissa A</u></p>	<p>21 5:45 BCamp(CS) <u>Iris</u> 8:00 FitForLife(BB) <u>Cathy</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</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>Jenn</u> 6:00 Zumba(CS) <u>Melissa K</u> 6:00 Gentle Flow(MB) <u>MA</u></p>	<p>22 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>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Virtual</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Maria</u></p>	<p>23 8:30 Fit For Life(BB) <u>No Class</u> 8:30 Pilates(MB) <u>Melissa A</u> 8:30 Cycling(CS) <u>Ginger</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u></p>	<p>24 8:30 Cycling(CS) <u>TBD</u> 8:30 Gentle Flow Yoga(MB) <u>Dawn</u></p>
<p>25 3:00 Gentle Flow Yoga (MB) <u>Gayle</u></p>	<p>26 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:45 Tai Chi Y24 (MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u> 5:30 Pilates(MB) <u>Melissa A</u> 6:00 Zumba(CS) <u>No Class</u> 6:30 Cycle(CS) <u>SBJ</u></p>	<p>27 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>Virtual</u> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u></p>	<p>28 5:45 BCamp(CS) <u>Lisa</u> 8:00 FitForLife(BB) <u>No Class</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>MK</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>Jenn</u> 6:00 Zumba(CS) <u>Melissa K</u> 6:00 Gentle Flow(MB) <u>MA</u></p>	<p>29 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>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 4:30 Lift&Pump(CS) <u>Virtual</u> 5:30 Vinyasa Yoga(MB) <u>MP</u> 6:00 Zumba(CS) <u>Maria</u></p>	<p>30 8:30 Fit For Life(BB) <u>No Class</u> 8:30 Pilates(MB) <u>Melissa A</u> 8:30 Cycling(CS) <u>Ginger</u> 9:30 Tabata(CS) <u>Avis</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>LR</u></p>	