



Group Fitness Classes September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Key: CS= Cardio Studio MB= Mind/Body Studio BB= Basketball Court TC=Tennis Court RB=Racquetball Court	*Please note the new "Step" class on Fridays at 8am in the Cardio Studio with Iris. This is a 30-minute class!		*Please note the addition of "Align" on Fridays at 10:30am. See bottom for class description! 	1 8:00 *Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</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> 10:30 Tai Chi S73(MB) <u>Linda</u> 10:30 Align(CS) <u>Eleanor</u>	2 8:30 Cycling(CS) <u>Lisa</u> 8:30 Gentle Flow Yoga(MB) <u>Billie</u>
3 3:00 Gentle Flow Yoga (MB) <u>Mason</u>	4 The Y is closed today in observance of Labor Day. *Please note the addition of "Arms&Core" on Mondays at 9:30am. See bottom for class description! 	5 5:45 Lift&Pump(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> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u>	6 5:45 BCamp(CS) <u>Iris</u> 8:30 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 Gentle Flow(MB) <u>MA</u>	7 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Mason</u> 11:00 Senior Fit (CS) <u>Eleanor</u> 11:15 PACE(MB) <u>Mason</u> 5:30 Vinyasa Yoga(MB) <u>MP</u>	8 8:00 *Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>Virtual</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u> 10:30 Align(CS) <u>Eleanor</u>	9 8:30 Cycling(CS) <u>Sarabeth</u> 8:30 Gentle Flow Yoga(MB) <u>Dawn</u>
10 3:00 Gentle Flow Yoga (MB) <u>Nancy</u>	11 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>*No Class</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:30 Arms&Core(CS) <u>ER</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> 6:30 Tabata(CS) <u>Melissa A</u> 6:30 Cycle(CS) <u>Sarabeth</u>	12 5:45 Lift&Pump(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> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	13 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>Sheree</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 Gentle Flow(MB) <u>MA</u>	14 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>SBJ</u> 11:15 PACE(MB) <u>Mason</u> 5:30 Vinyasa Yoga(MB) <u>MP</u>	15 8:00 *Step (CS) <u>*No Class</u> 8:30 Fit For Life(BB) <u>Sheree</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> 10:30 Tai Chi S73(MB) <u>Linda</u> 10:30 Align(CS) <u>Eleanor</u>	16 8:30 Cycling(CS) <u>Ginger</u> 8:30 Gentle Flow Yoga(MB) <u>Mason</u>
17 3:00 Gentle Flow Yoga (MB) <u>Billie</u>	18 5:45 Tabata(CS) <u>Lisa</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Sheree</u> 8:30 Gentle Flow(MB) <u>Nancy</u> 9:30 Arms&Core(CS) <u>ER</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> 6:30 Tabata(CS) <u>Melissa A</u> 6:30 Cycle(CS) <u>Sarabeth</u>	19 5:45 Lift&Pump(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> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Tim</u>	20 5:45 BCamp(CS) <u>Iris</u> 8:30 FitForLife(BB) <u>*No Class</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>GLM</u> 9:30 Strength(CS) <u>*Virtual</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 Gentle Flow(MB) <u>MA</u>	21 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>Carol</u> 5:30 Vinyasa Yoga(MB) <u>MP</u>	22 8:00 *Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>No Class</u> 8:30 Pilates(MB) <u>Melissa A</u> 9:30 Tabata(CS) <u>*Virtual</u> 9:45 Tai Chi Y24(MB) <u>Linda</u> 10:30 Tai Chi S73(MB) <u>Linda</u> 10:30 Align(CS) <u>Eleanor</u>	23 8:30 Cycling(CS) <u>Lisa</u> 8:30 Gentle Flow Yoga(MB) <u>Billie</u>
24 3:00 Gentle Flow Yoga (MB) <u>Dawn</u>	25 5:45 Tabata(CS) <u>Iris</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:30 Fit For Life(BB) <u>Sheree</u> 8:30 Wall Yoga(RB) <u>SBJ</u> 9:30 Arms&Core(CS) <u>ER</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> 6:30 Tabata(CS) <u>Melissa A</u> 6:30 Cycle(CS) <u>Jenn</u>	26 5:45 Lift&Pump(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> 5:30 Lift&Pump(CS) <u>Iris</u> 5:30 Vinyasa Yoga(MB) <u>Sarabeth</u>	27 5:45 BCamp(CS) <u>Lisa</u> 8:30 FitForLife(BB) <u>Sheree</u> 8:30 Zumba(CS) <u>Eleanor</u> 8:00 Men's Yoga(MB) <u>Billie</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>Sarabeth</u> 6:00 Gentle Flow(MB) <u>MA</u>	28 5:45 Lift&Pump(CS) <u>Iris</u> 8:30 BCamp(BB) <u>Eleanor</u> 8:30 Gentle Flow Yoga(MB) <u>Gayle</u> 11:00 Senior Fit (CS) <u>SBJ</u> 11:15 PACE(MB) <u>Billie</u> 5:30 Vinyasa Yoga(MB) <u>MP</u>	29 8:00 *Step (CS) <u>Iris</u> 8:30 Fit For Life(BB) <u>Cathy</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> 10:30 Tai Chi S73(MB) <u>Linda</u> 10:30 Align(CS) <u>Eleanor</u>	30 8:30 Cycling(CS) <u>Jenn</u> 8:30 Gentle Flow Yoga(MB) <u>Dawn</u>

***Arms&Core:** Looking for a quick workout that will tone your arms and strengthen your core? This 30-minute class will focus on just that. From floor work to free weights, a variety of styles and equipment will be used to keep it interesting. No warm-up/cool down included. Come ready to work!

***Align:** This 55-minute class will focus on mobility, core strength, and flexibility. The class begins with a slow warm-up to help loosen the joints. Following will be a series of core strengthening exercises that will primarily take place on the mat. Class will end by holding stretches for longer duration to increase flexibility. Expect to use therabands, stability balls, and mats. ***If you have been diagnosed with osteoporosis please check with your physician as this class involves bending and twisting exercises that could be contraindicated to this condition.**