

GROUP EXERCISE SCHEDULE

FEBRUARY - MAY 2024



MONDAY		STUDIO	
5:30-6:15am	Barbell Strength	A	Jennie
5:40-6:30am	Yoga	B	Katie/Heather
6:40-7:15am	Step & Stretch	A	Heidi
8:00-8:45am	Strength	A	Joni
8:30-9:15am	Aquacise	Pool	Vicki
9:00-10am	Step	A	Kris
9:00-10am	Cycle	B	Amber
9:15-10am	Water Restore	Pool	Bernie
10:15-11:00am	Cardio Lift	A	Kisha
11:15-12:00pm	SilverSneakers	A	Kris
12:15-1:00pm	HIIT	A	Bri
1:00-2:45pm	Line Dancing	A	
4:30-5:15pm	CardioKick	A	Becky
4:30-5:15pm	TRX	B	Heather
5:20-6:05pm	Cycle HIIT	B	Cindy
5:30-6:15pm	Aqua ZUMBA®	Pool	Angela O.

TUESDAY		STUDIO	
5:45-6:30am	Step	A	Kris/Lisa H./Beth
8:00-8:45am	Cycle/TRX Stretch	B	Kris
8:00-8:45am	Kettlebells	A	Aubrey
8:30-9:15am	Deep Water Tabata	Pool	Mari
9:00-10:00am	TRX	B	Allison
9:00-10am	CardioKick/Weighted Bar	A	Lisa M.
10:15-11am	Flex Strength	A	Chris R.
11:15-12pm	Chair Yoga	A	Katie
4:30-5:30pm	Strength/Yoga	A	Amber
4:30-5:15pm	Yoga	B	Teresa
5:30-6:15pm	POP Pilates®	B	Kisha
5:30-6:15pm	Aqua JAM	Pool	Emily
6:30-7:30pm	Begin Karate*	A	Tony K.

WEDNESDAY		STUDIO	
5:45-6:30am	Cycle Express	B	Heather/Patty
6:35-7:15am	Royally Fit	A	Bob
8:00-8:45am	POP Pilates	B	Kisha
8:00-8:45am	Strength	A	Beth
8:30-9:15am	Aquacise	Pool	Janet
9:00-10:00am	TRX	B	Amber/Allison
9:00-10:00am	Step	A	Kris
9:15-10am	Water Restore	Pool	Bernie
10:15-11am	Cardio Lift	A	Kristin
11:15-12:00pm	SilverSneakers	A	Katie
12:15-1pm	HIIT	A	Bri
4:00-4:45am	Deep Water Tabata	Pool	Vicki
4:30-5:15pm	Kettlebells	A	Heather
4:30-5:15pm	SHiNE Dance Fitness™	B	Jenny C.
5:30-6:15pm	Cycle	B	Candy

THURSDAY		STUDIO	
5:45-6:30am	TRX	B	Heather
8:00-8:45am	Kettlebells	A	Beth M.
9:00-10:00am	Cardio Jam/HIIT	A	Lisa M.
9:00-10:00am	TRX	B	Allison
10:15-11am	Flex Strength	A	Chris/Rachelle
11:15-12pm	Balance Tai Chi	A	Kris
12:15-1:00pm	HIIT	A	Bri
4:30-5:15pm	Step	A	Lisa Hain
4:30-5:15pm	TRX/Foam Roller	B	Amber
5:30-6pm	Bodyweight Blast	B	Amber
5:30-6:30pm	POUND®	A	Ang/Ang/Candy
6:30-7:30pm	Adv Karate*	A	Tony K.

FRIDAY		STUDIO	
5:30-6:15am	Cycle HIIT	B	Jennie
5:40-6:30am	Yoga	A	Katie/Melissa
6:40-7:15am	Step & Stretch	A	Heidi
7:50-8:50am	Bootcamp	A	Amber
8:00-8:45am	POP Pilates	B	Kisha
8:30-9:15am	Aquacise	Pool	Mari
9:00-10:00am	Cycle/HIIT	B	Joni
9:00-10am	Gentle Yoga	A	Kris
9:15-10:00am	Water Restore	Pool	Bernie
10:15-11:00am	Cardio Lift	A	Kris/Angie
10:15-11:00am	TRX-Level I	B	Chris/Amber
11:15-12pm	SilverSneakers	A	Kisha

SATURDAY		STUDIO	
7:10-7:55am	Cycle	B	Rotation
8:00-9:00am	INSANE	A	Kisha
9:10-9:55am	Cardio Jam	A	Rotation
10:05-11:05am	Yoga	A	Nita
8:30-10:15am	16+ JUDO*	B	Chris K.
10:30-12pm	16 yr under JUDO*	B	Colleen B.

* Preregistration required for Judo and Karate

	<p>This symbol signifies that this class is also offered virtually through Zoom.</p> <p>Contact Kris Bolin at kbolin@ymcaitasca.org for access</p>
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Check the group fitness blog for instructor changes or rotation classes
www.itascayfitnessclasses.wordpress.com

For Group Fitness Class Updates via TEXT messaging stop at membership desk and fill out form.

Schedule subject to change