

GROUP FITNESS SCHEDULE

SPRING 2017

www.itascafitnessclasses.wordpress.com

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle	Studio A	Studio B	Cycle
5:30-6:15 Strength Jennie	5:40-6:30 YOGA Shirley/ Heather		5:45-6:30 Step Lisa H.	5:45-6:45 TRX Petra	5:45-6:45 Cycle Beth	5:45-6:30 HIIT Cindy/Jody	5:45-6:30 Barre Blend Rotation	5:45-6:30 Cycle Express Candy	5:45-6:30 POUND@ Angela/Candy	5:45-6:45 TRX Beth M.	5:45-6:45 Bike&Core Cindy/Patty	5:45-6:30 Yoga Katie	5:30-6:30 Cycle Mix Up Jennie							
6:40-7:15 Break. Club Heidi				7:00-7:25 Core Strength Petra		6:40-7:15 Break. Club Len						6:30-7:15 Break. Club Heidi			7:15-7:55 Cycle Express Heather/Patty					
8-8:55 Strength Joni			8:10-8:55 Kettlebells Beth J.			8:10-8:50 Core Strength Kris			8:10-8:55 Kettlebells Beth J.			8-8:55 BootCamp Amber			8:00-9 INSANITY@ Beth					
9-10:10 Step/Stretch Kris		9-10:00 Cycle Joni	9-10:00 CardioKick Lisa M.	9:30-10:00 AOA TRX Beth Joki	9-10:00 Cycle Yoga Kris	9-10:10 Step/Strength Kris			9-10:00 HIIT Lisa M.	9-10:00 TRX Beth Joki	9-10:00 Cycle/Foam Janessa	9:00-10:10 Yoga Kris		9:00-10:00 Cycle Mix Up Joni	9:10-10:10 Cardio Jam Rotation	9:30-12pm Judo	9:30-11:30 Tai Chi Mike			
10:15-11 Cardio Lift Kristin	10:00-11 Yoga Nita		10:15-11 Flex/Strength Beth Joki		10:15-11:45 LS @ the Y	10:15-11 Cardio Lift Sarah	10:00-11 Yoga Sculpt Nita	10:15-11:15 Leisure Cycle Devin	10:15-11 Flex/Strength Beth Joki		10:15-11:45 LS @ the Y	10:15-11:00 Cardio Lift Kris/Angie		10:15-11:15 Power Yoga Jess						
11:15-12 SS Classic Katie			11:15-12 Chair Yoga Katie			11:15-12 SS Classic Beth			11:15-12 Tai Chi			11:15-12:00 SS Circuit Beth			11:30-12:15 Kettlebells Amber					
12:15-1 HIIT Strength Ashley				12:00-1:00 SANE \$		12:15-1 Barbell Janessa			12:15-1 Yoga Katie	12:00-1:00 SANE \$		12:15-1:00 Strength Amber				12:30-2 Body Build Pose Christopher			12:30-1:30 Cycle Beth M.	
2-3:30 Line Dancing																				
3:30-4:20 Teen Basics of Lifting- Jeff				3:30-5:00 TEEN SANE \$		3:15-4:00 Teen Circuit Amber				3:30-5:00 TEEN SANE \$										
4:30-5:15 CardioKick Becky	4:30-5:15 TRX Beth M.		4:15-5:10 Circuit Jody			4:30-5:10 POUND@ Angela/Candy			4:15-5:10 Step Beth M.		4:30-5:15 Cycle Express Jill/Rebecca	4:30-5:15 CardioKick Becky								
5:30-6:30 Barbell Heather	5:20-6:00 Core Strength Beth M.	5:15-6:15 Cycle Mix Up Christopher	5:15-6:25 Yoga Rotation	5:30-6:30 SANE \$	5:30-7:00 LS @ the Y	5:15-6:00 ZUMBA® Toning Amy	5:30-6:30 SANE \$	5:30-7:30 Tai Chi Mike	5:15-6:25 Yoga Nita	5:00-5:45 TRX Amber										
						6:15-7:15 Circuit Petra					6:30-8:00 Adult Advanced Karate									

\$ Fee Based Class and pre-registration required at the Membership Desk

TRX - First 10 people to class guaranteed a TRX strap.

CYCLE - Bikes are available on a first come first serve basis.

S.A.N.E. \$ - 14 Week Wellness Journey, Age 18-55; Fee Based and must register at the Membership desk.

\$ - Fee Based Class and must register at the Membership Desk

LS at the YMCA - LIVESTRONG® at the YMCA is a 12 week FREE cancer survivor program & preregistration is required.

Note: We reserve the right to change/cancel classes due to instructor availability or low class attendance.