



Englewood YMCA | April 6th - April 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Purple Room	6:45AM-7:35AM (Strength) <i>Darby M.</i>		6:45AM-7:35AM (Strength) <i>Darby M.</i>	6:45AM-7:35AM (Strength) <i>Darby M.</i>			
Les Mills BODYPUMP Orange Room	7:00AM-7:50AM (Strength) <i>Lori P.</i> 9:00AM-9:50AM (Strength) <i>Leslie D.</i>		7:00AM-7:50AM (Strength) <i>Lori P.</i> 9:00AM-9:50AM (Strength) <i>Kathie D.</i>		9:00AM-9:50AM (Strength) <i>Leslie D.</i>		
Spinning Blue Room	7:30AM-8:20AM (Spinning) <i>Kathie D.</i> 9:00AM-9:50AM (Spinning) <i>Debbie G.</i>	6:00AM-6:50AM (Spinning) <i>Mark F.</i> 8:00AM-8:50AM (Spinning) <i>Lisa B.</i>	7:30AM-8:20AM (Spinning) <i>Barbora H.</i> 9:00AM-9:50AM (Spinning) <i>Debbie G.</i>	6:00AM-6:50AM (Spinning) <i>Mark F.</i> 8:00AM-8:50AM (Spinning) <i>Hal C.</i>	7:30AM-8:20AM (Spinning) <i>Barbora H.</i> 9:00AM-9:50AM (Spinning) <i>Colleen F.</i>	8:00AM-8:50AM (Spinning) <i>Mark F.</i> 9:00AM-9:50AM (Spinning) <i>Debbie G.</i>	8:15AM-9:05AM (Spinning) <i>Mark F.</i>
Yoga Purple Room	8:00AM-8:50AM (Mind & Body) <i>Audrey F.</i>		8:00AM-8:50AM (Mind & Body) <i>Jocelyn B.</i>				
Low Impact Cardio Orange Room	8:00AM-8:50AM (Cardio) <i>Leslie D.</i>		8:00AM-8:50AM (Cardio) <i>Kathie D.</i>		8:00AM-8:50AM (Cardio) <i>Leslie D.</i>		
Boot Camp Outside	8:00AM-8:50AM (Strength) <i>Joey M.</i>		8:00AM-8:50AM (Strength) <i>Joey M.</i>		8:00AM-8:50AM (Strength) <i>Joey M.</i>		
Les Mills BodyBalance Purple Room	9:00AM-9:50AM (Stretch) <i>Audrey F.</i>		9:00AM-9:50AM (Stretch) <i>Stefany A.</i>		9:00AM-9:50AM (Stretch) <i>Stefany A.</i>		
Dance FIT Basketball Gym	9:00AM-9:50AM (Dance) <i>Liz R.</i>		9:00AM-9:50AM (Dance) <i>Liz R.</i>				
Pilates Orange Room	10:00AM-10:50AM (Strength) <i>Leslie D.</i>				10:00AM-10:50AM (Strength) <i>Leslie D.</i>		
Cardio Drumming Orange Room	11:00AM-11:50AM (Cardio) <i>Debbie M.</i>	10:00AM-10:50AM (Cardio) <i>Bee L.</i>			11:00AM-11:50AM (Cardio) <i>Bee L.</i>		
Sculpt Purple Room	11:00AM-11:50AM (Strength) <i>Shailyn B.</i>					9:00AM-9:50AM (Strength) <i>Jennifer H.</i>	

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Zumba Gold Orange Room	12:00PM-12:50PM (Cardio) <i>Debbie M.</i>						
Chair Yoga Orange Room	1:00PM-1:50PM (Mind & Body) <i>Bee L.</i>						
Parkinson's Exercise Program Orange Room	2:00PM-2:50PM (Specialty) <i>Val K.</i>						
Belly Dance Orange Room	4:00PM-4:50PM (Dance) <i>Jacquie B.</i>				4:00PM-4:50PM (Dance) <i>Jacquie B.</i>		
Body Sculpt Orange Room	5:00PM-5:50PM (Strength) <i>Jennifer P.</i>		5:00PM-5:50PM (Strength) <i>Jennifer P.</i>				
Athletic Circuit Orange Room	6:00PM-6:50PM (Functional Training) <i>Casey M.</i>			5:30PM-6:20PM (Functional Training) <i>Casey M.</i>			
Les Mills Grit Orange Room		7:15AM-7:45AM (Interval Training) <i>Lori P.</i>		7:15AM-7:45AM (Interval Training) <i>Lori P.</i>			
BodyShred Orange Room		8:00AM-8:50AM (Strength) <i>Leslie C.</i>		8:00AM-8:50AM (Strength) <i>Leslie C.</i>			
Pilates Suspension Purple Room		8:00AM-8:50AM (Strength) <i>Darby M.</i>			10:00AM-10:50AM (Strength) <i>Darby M.</i>		
Zumba Basketball Gym		9:00AM-9:50AM (Dance) <i>Tricia P.</i>		9:00AM-9:50AM (Dance) <i>Tricia P.</i>	9:00AM-9:50AM (Dance) <i>Elizabeth H.</i>		
INSANITY® Purple Room		9:00AM-9:50AM (Cardio) <i>Stefany A.</i>		9:00AM-9:50AM (Cardio) <i>Stefany A.</i>			
Les Mills BodyBalance Orange Room		9:00AM-9:50AM (Stretch) <i>Leslie C.</i>		9:00AM-9:50AM (Stretch) <i>Leslie C.</i>			
StretchFIT Purple Room		10:00AM-10:30AM (Active Older Adults) <i>Leslie C.</i>		10:00AM-10:30AM (Active Older Adults) <i>Leslie C.</i>			
Sculpt Orange Room		11:00AM-11:50AM (Strength) <i>Bee L.</i>		11:00AM-11:50AM (Strength) <i>Stanene H.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mat Orange Room		3:00PM-3:50PM (Mind & Body) <i>Shailyn B.</i> 6:30PM-7:20PM (Mind & Body) <i>Jessica S.</i>		3:00PM-3:50PM (Mind & Body) <i>Shailyn B.</i> 6:30PM-7:20PM (Mind & Body) <i>Jessica S.</i>			
Yoga Orange Room		4:00PM-4:50PM (Mind & Body) <i>Eileen C.</i>		4:00PM-4:50PM (Mind & Body) <i>Eileen C.</i>			
TRX Purple Room		4:30PM-5:20PM (Strength) <i>Kasey S.</i>		4:30PM-5:20PM (Strength) <i>Kasey S.</i>			
Les Mills BODYPUMP/COMBAT Orange Room		5:30PM-6:20PM (Les Mills) <i>Jennifer H.</i>					
Kettlebell Class Wellness Floor			10:00AM-10:50AM (Functional Training) <i>Val R.</i>				
H.I.I.T Purple Room			5:30PM-6:20PM (Interval Training) <i>Casey M.</i>				
Zumba Orange Room			6:00PM-6:50PM (Dance) <i>David H.</i>			10:00AM-10:50AM (Dance) <i>Olga S.</i>	
Core Strength Purple Room				8:00AM-8:50AM (Strength) <i>Bee L.</i>			
Active Older Adults Classic Orange Room				12:00PM-12:50PM (Active Older Adults) <i>Stanene H.</i>			
Les Mills BODYPUMP HEAVY Orange Room					7:00AM-7:50AM (Les Mills) <i>Lori P.</i>		
Les Mills BODYCOMBAT Orange Room						8:00AM-8:50AM (Cardio) <i>Jennifer H.</i>	
Infused Pilates Orange Room						9:00AM-9:50AM (Mind & Body) <i>Jennifer P.</i>	9:15AM-10:05AM (Mind & Body) <i>Jennifer P.</i>
Adult Ballet (\$) Orange Room						11:00AM-11:50AM (Dance) <i>Liz N.</i>	