



## Franz Ross YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> Group Fitness Studio	7:15AM-8:15AM (Mind & Body) <i>Tami D.</i>	12:15PM-1:15PM (Mind & Body) <i>James F.</i>		12:15PM-1:15PM (Mind & Body) <i>Donnamarie Y.</i>	7:15AM-8:15AM (Mind & Body) <i>Donnamarie Y.</i>		
<b>Spinning</b> Spin Studio	8:30AM-9:30AM (Spinning) <i>Anissa W.</i>				8:30AM-9:30AM (Spinning) <i>Anissa W.</i>		
<b>H.I.I.T</b> Group Fitness Studio	8:30AM-9:30AM (Interval Training) <i>Chris C.</i>				8:30AM-9:30AM (Interval Training) <i>Chris C.</i>		
<b>Fit Fusion</b> Multipurpose Room	9:00AM-9:45AM (Active Older Adults) <i>Donna Y.</i>		9:00AM-9:45AM (Active Older Adults) <i>Anissa W.</i>		9:00AM-9:45AM (Active Older Adults) <i>Donna Y.</i>		
<b>Les Mills BODYPUMP</b> Group Fitness Studio	9:45AM-10:45AM (Strength) <i>Anissa W.</i>  5:30PM-6:30PM (Strength) <i>Lenka G.</i>	7:15AM-8:15AM (Strength) <i>Tami D.</i>	8:30AM-9:30AM (Strength) <i>Kristen M.</i>  5:30PM-6:15PM (Strength) <i>Kristen M.</i>	7:15AM-8:15AM (Strength) <i>Tami D.</i>		8:30AM-9:30AM (Strength) <i>Tami D.</i>	
<b>Balance &amp; Burn</b> Multipurpose Room	10:00AM-10:45AM (Active Older Adults) <i>Donna Y.</i>		10:00AM-10:45AM (Active Older Adults) <i>Anissa W.</i>		10:00AM-10:45AM (Active Older Adults) <i>Anissa W.</i>		
<b>Belly Dance</b> Spin Studio	11:00AM-12:00PM (Dance) <i>Jacque B.</i>						
<b>Strong Nation</b> Group Fitness Studio	11:00AM-12:00PM (Interval Training) <i>Kyle R.</i>			5:30PM-6:15PM (Interval Training) <i>Rose S.</i>			
<b>Dynamic Dance</b> Group Fitness Studio	12:15PM-1:15PM (Dance) <i>Margaret G.</i>		12:15PM-1:15PM (Dance) <i>Margaret G.</i>		12:15PM-1:15PM (Dance) <i>Margaret G.</i>		
<b>Enhance Fitness</b> Multipurpose Room	12:30PM-1:15PM (Specialty) <i>Donna Y.</i>		12:30PM-1:15PM (Specialty) <i>Donna Y.</i>				
<b>Tai Chi</b> Multipurpose Room	5:00PM-6:00PM (Mind & Body) <i>Zac E.</i>						

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<b>Les Mills BODYCOMBAT</b> Group Fitness Studio		8:30AM-9:30AM (Cardio) <i>Amanda A.</i>		9:45AM-10:45AM (Cardio) <i>Amanda A.</i>			
<b>SOULfusion</b> Multipurpose Room		8:30AM-9:30AM (Specialty) <i>Anissa W.</i>					
<b>Body Works</b> Group Fitness Studio		9:45AM-10:45AM (Strength) <i>Donna Y.</i>					
<b>Chair Yoga</b> Multipurpose Room		10:00AM-11:00AM (Mind & Body) <i>James F.</i>		11:00AM-11:45AM (Mind & Body) <i>Amanda A.</i>	11:00AM-11:45AM (Mind & Body) <i>Amanda A.</i>		
<b>Active Adult Classic</b> Multipurpose Room		11:00AM-11:45AM (Specialty) <i>Anissa W.</i>					
<b>Zumba</b> Group Fitness Studio		11:00AM-12:00PM (Dance) <i>Susie Z.</i>  6:30PM-7:30PM (Dance) <i>Rose S.</i>	9:45AM-10:45AM (Dance) <i>Kyle R.</i>	11:00AM-12:00PM (Dance) <i>Susie Z.</i>  6:30PM-7:30PM (Dance) <i>Rose S.</i>		9:45AM-10:45AM (Dance) <i>Rose S.</i>	
<b>Spinning</b> Spin Studio		5:30PM-6:30PM (Spinning) <i>Kristen M.</i>	8:30AM-9:30AM (Spinning) <i>Donna Y.</i>				
<b>Core Strength</b> Multipurpose Room			11:00AM-12:00PM (Strength) <i>Jacquie B.</i>				
<b>Zumba Step</b> Group Fitness Studio			6:30PM-7:30PM (Cardio) <i>Rose S.</i>				
<b>Step &amp; Sculpt</b> Group Fitness Studio				8:30AM-9:30AM (Cardio) <i>Donna Y.</i>			
<b>Pilates</b> Multipurpose Room				9:00AM-9:45AM (Strength) <i>Anissa W.</i>			
<b>Active Older Adults Cardio</b> Multipurpose Room				10:00AM-10:45AM (Active Older Adults) <i>Anissa W.</i>			
<b>Les Mills BodyBalance</b> Group Fitness Studio					9:45AM-10:40AM (Stretch) <i>Tami D.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Line Dancing</b> Group Fitness Studio					11:15AM-12:15PM (Specialty) <i>Margaret G.</i>		
<b>Les Mills</b> <b>BodyBalance</b> Group Fitness Studio							8:30AM-9:15AM (Les Mills) <i>Tami D.</i>