



ENGLEWOOD YMCA GROUP EXERCISE SCHEDULE

941.475.1234

www.ymcaswfl.org

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00-7:50	BodyPump with Lori P.			7:00-7:50	BodyPump with Lori P.			7:00-7:50	BodyPump with Lori P.				
7:30-8:20	Spinning with Barb H.	7:30-8:00	Grit with Lori P.	7:30-8:20	Spinning with Barb H.	7:30-8:00	Grit with Lori P.						
8:00-9:00	Boot Camp with Joey	8:00-9:00	MyZone with Samantha	8:00-9:00	Boot Camp with Joey	8:00-9:00	MyZone with Samantha	8:00-9:00	Boot Camp with Joey				
		8:00-8:50	Spinning with Lisa B.			8:00-8:50	Spinning with Lisa B.	8:00-8:50	Spinning with Barb H.				
8:00-8:50	Yoga with Audrey	8:00-8:50	BodyShred with Leslie C.	8:00-8:50	Yoga with Audrey	8:00-8:50	BodyShred with Leslie C.	8:00-8:50	Yoga with Audrey	8:00-8:50	Spinning with Mark F.		
8:30-9:30	Cardio Splash with Jan T.	8:30-9:30	Cardio Splash with Darby M.	8:30-9:30	Cardio Splash with Darby M.	8:30-9:30	Cardio Splash with Jan T.	8:30-9:30	Cardio Splash with Jan T.	8:30-9:30	Cardio Splash with Jan T.	8:15-9:05	Spinning with Mark F.
9:00-9:50	BodyPump with Leslie D.	9:00-9:50	Zumba with Liz H.	9:00-9:50	BodyPump with Leslie D.	9:00-9:50	Body Balance with Leslie C.	9:00-9:50	BodyPump with Leslie D.	9:00-9:50	Infused Pilates with Jennifer P.	9:15-10:15	Cardio Splash with Jan T.
		9:00-9:50	TRX with Kasey S.			9:00-9:50	TRX with Kasey S.			10:00-10:50	Zumba with David H.		
10:00-10:50	Pilates with Leslie D.	10:00-10:50	Cardio Drumming with Debbie M.	10:00-10:50	Pilates with Leslie D.	10:00-10:50	Cardio Drumming with Debbie M.	10:00-10:50	Pilates with Leslie D.				
10:00-11:00	Arthritis Plus with Jan T.	10:30-11:30	Cardio Splash with Jan T.	10:00-11:00	Arthritis Plus with Darby M.	10:30-11:30	Cardio Splash with Jan T.						
11:00-11:50	Cardio Drumming with Debbie M.	11:00-11:50	Zumba with Debbie M.	11:00-11:50	Cardio Drumming with Debbie M.	11:00-11:50	Zumba with Debbie M.						
12:00-12:50	Zumba Gold with Debbie M.	12:00-12:50	Active Older Adults Classic with Stanene	12:00-12:50	Zumba Gold with Debbie M.	12:00-12:50	Active Older Adults Classic with Stanene			GRAY	CLASSES are in the GREEN ROOM	<div style="border: 1px solid gray; border-radius: 15px; padding: 10px; background-color: #f0f0f0;"> <p>YMCA Southwest Florida app Class descriptions & announcements YMCA 360 App Recorded group exercise classes, LIVE group exercise classes, easy recipes, family activities & crafts.</p> </div>	
										GREEN	CLASSES are OUTDOORS		
4:00-4:50	Pilates with Francine F.	4:00-4:50	Yoga with Susan	4:00-4:50	Pilates with Francine F.	4:00-4:50	Yoga with Susan			BLUE	CLASSES are at the pool		
4:30-5:20	TRX with Kasey S.			4:30-5:20	TRX with Kasey S.					BLUE	CLASSES are in the BLUE ROOM		
5:00-5:50	Athletic Circuit with Britany C.			5:00-5:50	Athletic Circuit with Britany C.								
6:00-6:50	Zumba with David H.	6:00-6:50	BodyPump with Lori P.	6:00-6:50	Zumba with David H.	6:00-6:50	BodyPump with Lori P.						

Classes are included in your membership / You must be 13 years or older to attend / Please check online for up-to-date times and availability for all of our classes. Members are requested to sign-up for all classes prior to attending. Walk-ins are welcome, but priority is given to those who reserve their spaces in advance.