

CAPE ANN YMCA Spring I Group Exercise Schedule February 27- April 30

Monday			Tuesday			Wednesday			Thursday			Friday		
Main	Cycle City	Gymnasium	Main	Cycle City	Arts and Activities Center	Main	Cycle City	ACC* GYM**	Main	Cycle City	Arts and Activities Center	Main	Cycle City	Gymnasium
	5: 45-6:45 SPIN + ABS LAYCE		6:00-7:00 CARDIO BAR CAROL		6:00-7:30 VINYASA YOGA BOB		5: 45-6:45 SPIN + ABS LAYCE		6:00-7:00 CARDIO BAR CAROL		6:00-7:30 VINYASA YOGA* BOB		5:45-6:45 SPIN + ABS LAYCE	
7:15-:830 HATHA YOGA	9:00-10:00 BEG/INTERMEDIATE SPIN CHRISSY	8:30-9:30 TOTAL BODY TRAINING ERIN	8:30-9:00 BUTTS & GUTS		8:30-9:30 TOTAL BODY TRAINING ** ERIN	7:15-8:30 HATHA YOGA		8:30-9:00 GUTS & BUTTS	8:30-9:00 GUTS & BUTTS AMANDA		9:00-9:45 SPIN SHANNON	7:15-8:30 HATHA YOGA		8:30-9:30 TOTAL BODY TRAINING ** ERIN
8:30-9:00 GUTS & BUTTS AMANDA			9:00-10:00 HOOPING \$ BLAKE	9:00-9:45 SPIN SHANNON		9:00-10:00 MUSCLE CONDITIONING AMANDA	9:00-10:00 SPIN HALEY		9:00-10:00 MUSCLE CONDITIONING AMANDA	9:00-10:00 STEP ABS AMANDA		9:00-10:00 MUSCLE CONDITIONING HALEY		
10:00-11:00 MATURE FITNESS JULIANA			10:00-10:45 DEEP STRETCH MARY	10:00-11:00 MATURE FITNESS JULIANA		10:00-11:00 MATURE FITNESS JULIANA	10:00-10:45 DEEP STRETCH MARY		10:00-10:45 DEEP STRETCH MARY	10:00-10:45 DEEP STRETCH MARY		10:00-11:00 MATURE FITNESS JULIANA		
12:00-1:00 20/20/20 MIX UP CAROL	5:00-6:00 SPIN COLEY		11:00-11:50 STRENGTH + STEP JULIANA			12:00-1:00 20/20/20 MIX UP AMANDA			12:00-1:00 20/20/20 MIX UP AMANDA		12:00-1:00 SPIN LAYCE	12:00-1:00 20/20/20 MIX UP HALEY		
4:00-5:00 PILATES + YOGA BALL JULIANA	6:00-7:00 SPIN LISA K		12:00-1:00 GROOVE YOGA	12:00-1:00 SPRINT RIDE + CORE CHRISSY				5:45-7:00 HATHA YOGA* ELAINE						
5:00-6:00 CARDIO PUMP LISA K			5:00-6:00 BODY SCULPT JULIANA		7:00-8:30 HATHA YOGA*		5:00-6:00 SPIN + ABS CHRISSY		5:00-6:00 ZUMBA HALEY	BEGINS MARCH 11 5:00-6:00 COLEY				
7:00-8:00 COED BOXING \$ LOU			6:00-7:00 ZUMBA ELUARA	6:00-7:00 SPIN CHRISSY		6:00-7:00 20/20/20 ELUARA		6:00-7:00 CORE ON COMMAND			6:00-7:00 YOGA CORE * LISA C			

Cape Ann YMCA Building Hours
Monday-Friday
 5:30am-9:30pm
Saturday
 7:00am-5:00pm
Sunday
 8:00am-4:00pm

This schedule will be updated if there are any instructor or class/time changes.

Saturday		
Main	Cycle City	Arts and Activities Center
8:00-9:00 PRACTICAL PILATES HALEY		8:30-10:00 VINYASA YOGA* BOB
	9:00-9:45 SPIN HALEY	
10:00-11:00 CORE ON COMMAND HALEY		

Sunday		
Main	Cycle City	Arts and Activities Center
10:00-11:00 ZUMBA LIZ T		8:30-10:00 ASHTANGA YOGA BOB
ZUMBA 5:00-6:00 LIZ T		
11:00-12:00 AFRICAN DRUM AND DANCE		

\$ = Fee Based Class. Please do not interrupt class already in session. Arriving on time ensure that you'll get a proper warm-up to prevent injury. FYI: Babysitting is now open 8:30am-1:00pm Monday - Friday. Babysitting is free to everyone with a YMCA Family membership.

