

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Main	Cycle City	Gym*/AAC**	Main	Cycle City	Gym*/AAC**	Main	Cycle City	Gym*/AAC**	Main	Cycle City	Gym*/AAC**	Main	Cycle City	Gym*/AAC**
	5:45-6:45 Cycle & Abs Layce	7:15-8:30 Hatha Yoga Linda	6:00-7:00 Cardio Bar Carol	TRX Suspension Ropes \$ Erin	6:00-7:30 Vinyasa Yoga Bob	7:15-8:30 Hatha Yoga Elaine	5:45-6:45 Cycle & Abs Layce		6:00-7:00 Cardio Bar Carol	Intro TRX Suspension Ropes \$ Erin	6:00-7:30 Vinyasa Yoga Bob	6:00-7:00 Hatha Yoga Melissa	5:45-6:45 Cycle & Abs Layce	
8:30-9:00 Butts & Gutts Amanda	8:00-8:45 !Beach Blast! Cycle	9:00-9:40 Itsy Bitsy Yoga \$ Linda			Couch to Witch City 5K \$ Chrissy	8:30-9:00 Butts & Gutts Amanda				8:00-9:00 TRX Body Blast Haley \$		8:30-9:00 Butts & Gutts Amanda	8-8:45am !Beach Blast! Cycling Jen F	
9:00-10 Muscle Condition Carol P	9:30-10:30 TRX Suspension Ropes Nicole			9:00-9:45 Cycle Shannon		9:00-10 Muscle Condition Lisa/Enza	9:00-9:45 !Beach Blast! Cycle Haley		9:00-10:00 Beginner Hooping \$ Blake	9:00-9:45 Cycle Shannon	10-11:00 WeeBe Hooping (ages 4-6) \$	9:00-10 Muscle Condition Haley	TRX Suspension Ropes \$ Erin	
10:00-11 Mature Fit Juliana		10:00-11:00 Women on Weights Courtney \$	10:00-10:45 Stretch Mary			10:00-11 Mature Fit Juliana			10:00-10:45 Stretch Mary		10:00-11 Booming Strength Courtney \$	10:00-11 Mature Fit Juliana		
12:00-1 20/20/20 Carol P			11-11:50 Strength & Step Juliana	12:00-1 Sprint Ride Chrissy		12:00-1 Cardio Bar Carol M						12:00-1 Intense Mix Up		
4:00-5:00 Pilates/ Yoga Ball							4:00-5:00 TRX Suspension Ropes Nicole							
	5:00-6 Cycle Ride Coley		5:00-6 Body Sculpt				5:00-6:00 Cycle	5:45-7 Hatha Yoga Elaine				5:00-6:00 ZUMBA@ Liz		
				6:00-7:00 Cycle	Fitness Tribal Bellydance 5:30pm Kristin \$	6:00-7:00 20/20/20	6:00-7:00 TRX Suspension Ropes Nicole FULL	Couch to Witch City 5K \$ Jenn	6:00-7:00 Yoga Core Lisa C	6:00-7:00 RunFIT \$\$ Jen/Chrissy (outdoor)				
			6:30-7:30 Cross Training Fitness Anthony \$		7:00-8:00 Hatha Yoga Nicole D									
<b>SATURDAY</b>			<b>SUNDAY</b>											
Main	Cycle City	Gym*/AAC**	Main	Sunday Cycle is BACK! 8:30am Wendy	Gym*/AAC**									
7:00-8:00 PiYo@		8:30-10 Vinyasa Yoga	10:00-11:00 ZUMBA@ Liz		8:30-10:00 Ashtanga Yoga Bob									
9:00-10 Core On Command	8:00-8:45 Cycle													

**New Schedule Beginning 9/13 & 9/20**

Please arrive to class on time to ensure appropriate warm up and please do not enter any class that has already begun.

Classes may be cancelled and/or subbed without prior notice. Any class with low enrollment will be removed from the schedule... so be sure to come to all your favorites! ☺

Please contact Nicole Bembridge with any questions, [bembridgen@northshoreymca.org](mailto:bembridgen@northshoreymca.org)

\$ Denotes paid Program

