

YMCA GROUP FITNESS CLASS/PROGRAM SCHEDULE (Effective 4/1/2021)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Group Fitness Class Age Policy: Age 12 & UP (Age 12- 14 must be w/Adult)
8-9am (GF) *INDOOR* CV FITNESS - Hank	5:15-6am (D) *INDOOR* CYCLE -- Amy	8-9am (GF) *INDOOR* CV FITNESS - Hank	9-10am (V) *VIRTUAL* LOW IMPACT AEROBICS & TONING - Brooke	8-9am (GF) *INDOOR* CV FITNESS - Hank	8:30-9:30am (V) *VIRTUAL* DANCE IT OUT-Stephannie	
10-11am (V) *VIRTUAL* DXF- Becky	9-10am (V) *VIRTUAL* LOW IMPACT AEROBICS & TONING - Brooke	9-10am (V) *VIRTUAL* SIT n GET FIT - Brooke	5:30-6:30pm (GF) *INDOOR* ALL LEVELS YOGA -- Kristin (STARTS 5/6)	9:30-10:30am (V) *VIRTUAL* TAI CHI - Eileen	9:00-10:00am (V) *VIRTUAL* PUMP n CORE - Donna	
9-10am (GF / V) *INDOOR & VIRTUAL* STRENGTH - Brooke	5:30-6:30pm (V) *VIRTUAL* INSANITY - Donna	4:45-5:30pm (GF/V) *INDOOR & VIRTUAL* BODY FUSION-Stephannie	5-6pm (V) *VIRTUAL* CARDIO & STRENGTH - Joanne	4:30-5:30pm (D) *INDOOR* CYCLE -- Amy	11-12pm (V) *VIRTUAL* ALL LEVELS YOGA -Dina	
4:30-5:15pm (V) *VIRTUAL* TOTAL BODY TONE UP - Jess	5:30-6:30pm (GF) *INDOOR* ALL LEVELS YOGA -- Scott	5:30-6:30pm (D) *INDOOR* CYCLE -- Scott	5:30-6:30pm (GF) *INDOOR* DXF-Drew/Donna	YMCA HOURS: MON-FRI 5am - 9pm SAT 7-10am * SUN 9-1pm *CHECK WEBSITE FOR LIMITED ROOM CAPACITIES & ONLINE RESERVATIONS*		
5:30-6:30PM (V) *VIRTUAL* DXF - Lainie	6:45-7:45pm (GF) *INDOOR* BOXING SMALL GROUP TRAINING \$\$		6:00-7:00pm (V) *VIRTUAL* MONTHLY YOGA NIDRA-Jean 4th THURS of MONTH			
5:30-6:30PM (GF / V) *INDOOR & VIRTUAL* SIT n GET FIT - Brooke			6:45-7:45pm (GF) *INDOOR* BOXING SMALL GROUP TRAINING \$\$			
YMCA of KINGSTON & ULSTER COUNTY 507 BROADWAY KINGSTON NY 12401 845-338-3810 www.ymcaulster.org			* ALL CLASSES ARE FREE FOR YMCA MEMBERS or \$10 PER VIRTUAL CLASS (NO GUESTS FOR INDOOR CLASSES)			LOCATION/ CODES: V= VIRTUAL D = THE DEN GF = GROUP FITNESS ROOM \$\$ = PAID PROGRAM/ WORKSHOPS Call 338-3810 x103 for DETAILS
 FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY			*MUST REGISTER IN ADVANCE for each class @: WWW.YMCAULSTER.ORG - Click on INDOOR & VIRTUAL CLASSES (Registration is available 24 hrs before class and up to 1 hr before class)			
			*Membership includes INDOOR & VIRTUAL CLASSES and use of facility *OUTDOOR CLASSES ARE COMING SOON!			
			*MASKS MUST BE WORN AT ALL TIMES INSIDE THE FACILITY			
			QUESTIONS: jburns@ymcaulster.org			