

YMCA GROUP FITNESS CLASS/PROGRAM SCHEDULE (Effective 12/1/2022)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30am (GF) BARRE BURN - Laura	5:45-6:45am (STR) TRX -- Karen	5:15-6am (C) CYCLE -- Eleni	9-10am (GF / V) *INDOOR & VIRTUAL* SIT n GET FIT - Brooke	6:00-6:45am (GF) STRENGTH- Colleen	5:45-6:45am (STR) TRX -- Karen	8:00-9:00am (C) CYCLE -- Jess
	9-10am (GF / V) *INDOOR & VIRTUAL* STRENGTH - Brooke	9-10am (GF / V) *INDOOR & VIRTUAL* LOW IMPACT AEROBICS & TONING - Brooke	10:30-11:30am (GF) QI GONG - Jenna	9-10am (GF / V) *INDOOR & VIRTUAL* LOW IMPACT AEROBICS & TONING - Brooke	9:30-10:30am (GF) TAI CHI- Eileen	MONTH OF JANUARY: 8:00-9:00am (Y) ALL LEVELS YOGA -- Jean *JAN 7, 14, 21, 28*
	12:15-1:15pm (C) CYCLE -- Scott	11:30am-12:30pm (GF) SENIOR STRENGTH TRAINING-Kathy A	5:30-6:30pm (GF) ALL LEVELS YOGA -- Dina	5:30-6:30PM (STR) TRX BOOTCAMP -- Gigi	12:15-1:15pm (C) CYCLE -- Scott	8:15-9:15am (GF / V) *INDOOR & VIRTUAL* MORNING MIX- Stephannie
	5:30-6:30PM (GF / V) *INDOOR & VIRTUAL* SIT n GET FIT - Brooke	5:45-6:45pm (GF) CARDIO & STRENGTH - Sue	5:30-6:30pm (C) CYCLE -- Scott	5:30-6:30PM (D) ROWING - Sheila	4:30-5:30pm (C) CYCLE -- Amy	9:15-10:15am (GF) PUMP n CORE - Donna
	5:45-6:45PM (C) CYCLE -- Sue			6:00-7:00pm (V) *VIRTUAL* MONTHLY YOGA NIDRA-Jean *DEC 22, JAN 26		10:45-11:45am (GF) \$\$ BOXING Small Group Training - Chukie
				6:30-7:30PM (GF) ZUMBA-Jon		LOCATION CODES: V= VIRTUAL Y=YOGA STUDIO D=THE DEN GF = GROUP FITNESS ROOM C = CYCLE ROOM STR= SPECIALIZED TRAINING ROOM \$\$ PAID
YMCA of KINGSTON & ULSTER COUNTY 507 BROADWAY * KINGSTON NY 12401 845-338-3810 * www.ymcaulster.org YMCA HOURS: MON-FRI 5am-9pm SAT 7-2pm SUN 9-1pm				*ALL CLASSES ARE FREE FOR YMCA MEMBERS (unless otherwise specified) *Non-MEMBERS pay \$10 for VIRTUAL CLASS / \$15 for INDOOR CLASS *ALL MUST REGISTER IN ADVANCE for <u>VIRTUAL & TRX CLASSES</u> @: <u>WWW.YMCAULSTER.ORG</u> - (Registration is available 24 hrs before class and up to 1 hr before class) *MUST REGISTER IN ADVANCE FOR \$\$ PAID PROGRAMMING *Group Fitness Class Age Policy: Age 12 & UP (Age 12-14 must be w/Adult) QUESTIONS: jburns@ymcaulster.org / 845-338-3810 x103		



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