
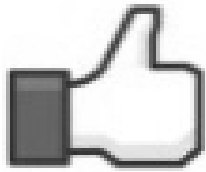




# YMCA GROUP FITNESS CLASS SCHEDULE (Effective 2/28/2020) - FREE WITH Y MEMBERSHIP!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am (C) CYCLE-Colleen	5:30-6:30am (C) CYCLE-Amy	6:00-7:00am (STR) * KICK BUTT KETTLEBELLS- Karen	5:30-6:30am (C) CYCLE-Amy	5:30-6:30 am (STR) * TRX - Karen	8:30-9:30 am (STR) * TRX BOOTCAMP Elena / Gigi	9:30-10:30am (C) CYCLE-Rotating
5:30-6:30 am (STR) * TRX - Karen	7:00-8:00am (Y) MORNING YOGA-Kimberly	6:00-7:00am (GF) TOTAL BODY STRENGTH TRAINING-Colleen	7:00-8:00am (Y) MORNING YOGA-Sally	6:00-7:00am (GF) TOTAL BODY STRENGTH TRAINING-Elena M	8:00-9:00am (C) CYCLE-Sue	10:30-11:30am (GF) DANCE XROSS FITNESS-Rotating
6:45-7:30am (STR) * 7:30-8:00am (STR) * TRX-Karen	9:30-10:30am (GF) BODY FUSION-Annetta	7:00-8:00am (GF) CV FITNESS	8:30-9:30am (Y) BEGINNER YOGA-Carol	6:45-7:30am (STR) * 7:30-8:00am (STR) * TRX-Karen	8:30-9:30am (GF) DANCE IT OUT- Stephannie	<p><b>* SIGN UP @ FRONT DESK</b></p> <hr/> <p>Group Fitness Class Age Policy: Age 12 &amp; UP (Age 12-14 must be w/Adult)</p> <hr/> <p><b>LOCATION CODE:</b> STR=SPECIALIZED TRAINING ROOM Y = YOGA STUDIO GF = GROUP FITNESS ROOM</p>
7:00-8:00am (GF) CV FITNESS	12:15-1:15pm (C) CYCLE- Scott	9:45-10:45am (GF) DANCE XROSS FITNESS- Becky	9:30-10:30am (GF) BODY FUSION-Brooke	7:00-8:00am (GF) CV FITNESS	9:30-10:30am (GF) PUMP n CORE- Donna S	
9:30-10:30am (GF) ZUMBA GOLD-Kathy	4:15-5:15pm (C) CYCLE-Judy	5:15-6:00pm (GF) BODY FUSION-Stephannie	10:00-10:30am (C) GENTLE CYCLE-Colleen	8:30-9:30am (C) CYCLE-Judy	9:30-10:30am (Y) VINYASA YOGA-Jean	
4:30-5:30 pm (GF) DANCE XROSS FITNESS- Lainie	5:30-6:30pm (Y) CORE n FLOW -Gigi	5:30-6:30pm (C) CYCLE - Scott	11:00-12:00pm (GF) SIT n GET FIT-Brooke	8:30-9:30am (GF) BEGINNER TAI CHI- Kathleen	10:45-11:45am (Y) BEGINNER YOGA-Ed	
5:30-6:30pm (GF) TOTAL BODY STRENGTH TRAINING-Sue	5:30-6:30pm (GF) SIT n GET FIT-Brooke	5:30-6:00pm (STR) PiYo Express-Gigi	12:15-1:15pm (C) CYCLE-Kathy	9:30-10:30am (GF) INTERMEDIATE TAI CHI- Eileen	 <p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p> <p>YMCA of KINGSTON &amp; ULSTER COUNTY 507 BROADWAY KINGSTON NY 12401 845-338-3810</p>	
5:30-6:30pm (C) CYCLE-Brittany	<p><b>FREE CHILDCARE WHILE YOU WORK OUT!</b> ***** KIDS CORNER HOURS: * MON-FRI 9:30-12pm * Mon &amp; Weds 5:30-7pm</p>	6:00-6:30pm (STR) * TRX -Gigi	4:30-5:30pm (GF) BOOTCAMP-Joanne	4:30-5:30pm (C) CYCLE-Amy		
5:30-6:30pm (Y) YOGA FLOW-Jean		6:00-7:00 (GF) INSANITY-Donna S	5:30-6:30pm (GF) DXF DANCE-Donna V	  		
<p><b>YMCA HOURS:</b> * MON-FRI 5am-9pm * SAT 7am-4pm * SUN 9am-3pm</p>		6:00-7:00pm (Y) YOGA FLOW-Dina	5:30-6:30pm (C) CYCLE-Guen			
		6:00-7:00pm (Y) *MONTHLY YOGA SERIES* FULL BODY STRETCH YOGA 1st THURS -SUSAN * RESTORATIVE YOGA 2nd THURS-JEAN * YOGA NIDRA-JEAN 4th THURS-JEAN				