


# YMCA GROUP FITNESS CLASS/PROGRAM SCHEDULE (Effective 7/20/2021)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<b>Group Fitness Class Age Policy: Age 12 &amp; UP (Age 12- 14 must be w/Adult)</b>
5:45-6:45am (O) *OUTDOOR* TRX -- Karen	5:15-6am (O) *OUTDOOR* CYCLE -- Amy	9-10am (GF / V) *INDOOR & VIRTUAL* SIT n GET FIT - Brooke	9-10am (GF / V) *INDOOR & VIRTUAL* LOW IMPACT AEROBICS & TONING - Brooke	5:45-6:45am (O) *OUTDOOR* TRX -- Karen	8:00-8:50am (O) *OUTDOOR* CYCLE -- Jess	
9-10am (GF / V) *INDOOR & VIRTUAL* STRENGTH - Brooke	9-10am (GF / V) *INDOOR & VIRTUAL* LOW IMPACT AEROBICS & TONING - Brooke	9:00-9:30am (O) *OUTDOOR* GENTLE CYCLE -- Colleen	10-11am (GF) *INDOOR* ALL LEVELS YOGA -- Kristin	9:30-10:30am (GF) *INDOOR* TAI CHI - Eileen	8:30-9:30am (V ) *VIRTUAL* DANCE IT OUT-Stephannie	
10-11am (V) *VIRTUAL* DXF- Becky	11:30am-12:30pm (GF) *INDOOR* SENIOR STRENGTH TRAINING-Kathy A (*STARTS 9/14*)	6:00-7:00pm (O) *OUTDOOR* CYCLE -- Scott	5:30-6:30pm (GF) *INDOOR* ALL LEVELS YOGA-Dina	12:15-1:15pm (O) *OUTDOOR* CYCLE -- Scott	9:15-10:15am (O) *OUTDOOR* PUMP n CORE - Donna	
12:15-1:15pm (O) *OUTDOOR* CYCLE -- Scott	5:30-6:30pm (O) *OUTDOOR* INSANITY - Donna		6:00-7:00pm (V) *VIRTUAL* MONTHLY YOGA NIDRA-Jean 4th THURS of MONTH	4:30-5:30pm (O) *OUTDOOR* CYCLE -- Amy		
4:30-5:30pm (O) *OUTDOOR* CYCLE-Judy	6:45-7:45pm (GF) *INDOOR* BOXING SMALL GROUP TRAINING \$\$	5:30-6:30pm (GF) *INDOOR* NUTRITION WORKSHOP \$\$	6:45-7:45pm (GF) *INDOOR* BOXING SMALL GROUP TRAINING \$\$	<b>YMCA HOURS: MON-FRI 5am-9pm SAT 7-10am SUN 9am-1pm</b>		
5:30-6:30PM (GF) *INDOOR* SIT n GET FIT - Brooke						
<b>YMCA of KINGSTON &amp; ULSTER COUNTY</b> 507 BROADWAY KINGSTON NY 12401 845-338-3810 <a href="http://www.ymcaulster.org">www.ymcaulster.org</a>		<p><b>*ALL CLASSES ARE FREE FOR YMCA MEMBERS. Non-MEMBERS pay \$10 for VIRTUAL CLASS &amp; \$15 for INDOOR/OUTDOOR CLASS.</b></p> <p><b>*ALL MUST REGISTER IN ADVANCE for each <u>OUTDOOR &amp; VIRTUAL</u> class @: <a href="http://WWW.YMCAULSTER.ORG">WWW.YMCAULSTER.ORG</a> - (Registration is available 24 hrs before class and up to 1 hr before class)</b></p> <p><b>*Membership includes INDOOR, OUTDOOR &amp; VIRTUAL CLASSES and use of facility</b></p> <p><b>QUESTIONS: <a href="mailto:jburns@ymcaulster.org">jburns@ymcaulster.org</a></b></p>				<p><b>LOCATION/ CODES:</b></p> <p>O= OUTDOOR YMCA PARKING LOT</p> <p>V= VIRTUAL</p> <p>D = THE DEN</p> <p>GF = GROUP FITNESS ROOM</p> <p>\$\$ = PAID PROGRAM/ WORKSHOPS</p> <p>Call 338-3810 x103 for DETAILS</p>
 <p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>						