


YMCA GROUP FITNESS CLASS/PROGRAM SCHEDULE (Effective 3/30/2023)

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	5:45-6:45am (STR) KICK BUTT KETTLEBELLS - Karen	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	9-10am (GF / V) *INDOOR & VIRTUAL* SIT n GET FIT - Brooke	9-10am (GF / V) *INDOOR & VIRTUAL* LOW IMPACT AEROBICS & TONING - Brooke	9:30-10:30am (GF) TAI CHI- Eileen	8:00-9:00am (Y) ALL LEVELS YOGA -- Jean
	12:15-1:15pm (C) CYCLE -- Scott	11:30am-12:30pm (GF) SENIOR STRENGTH TRAINING-Kathy A	10:30-11:30am (GF) QI GONG - Jenna	12:00pm-1:00pm (GF) SENIOR STRENGTH TRAINING-Felix	12:15-1:15pm (C) CYCLE -- Scott	8:15-9:15am (GF / V) *INDOOR & VIRTUAL* MORNING MIX- Stephannie
	4:30-5:30pm (GF) DANCE XROSS FITNESS - Lainie/Joey **STARTS 4/17**	5:45-6:45pm (GF) CARDIO & STRENGTH - Sue	5:30-6:30pm (GF) ALL LEVELS YOGA -- Dina	5:30-6:30PM (STR) TRX BOOTCAMP -- Gigi	4:30-5:30pm (C) CYCLE -- Amy	9:30-10:30am (Y) ALL LEVELS YOGA -- Charlotte
	5:30-6:30PM (GF / V) *INDOOR & VIRTUAL* SIT n GET FIT - Brooke		5:30-6:30pm (C) CYCLE -- Scott	5:30-6:30PM (R) ROWING - Sheila		9:30-10:30am (GF) PUMP n CORE - Donna
	5:45-6:45PM (C) CYCLE -- Sue			6:30-7:30PM (GF) ZUMBA-Jon		10:45-11:45am (GF) \$\$ BOXING Small Group Training - Chukie
	6:30-7:30pm (Y) MONTHLY YOGA NIDRA-Jean (4/17, 5/22, 6/26)					

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



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

***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**
VIRTUAL & TRX & SATURDAY YOGA CLASSES @: WWW.YMCAULSTER.ORG -
 Registration is available 24 hrs before class and up to 1 hr before class)

***MUST REGISTER IN ADVANCE FOR \$\$ PAID PROGRAMS**

***Group Fitness Class Age Policy: Age 12 & UP (Age 12-14 must be w/Adult)**
QUESTIONS: jburns@ymcaulster.org / 845-338-3810 x103

LOCATION CODES:

V = VIRTUAL
 Y = YOGA STUDIO
 R = ROWING STUDIO
 GF = GROUP FITNESS
 RM
 C = CYCLE ROOM
 STR= SPECIALIZED
 TRAINING ROOM

\$\$ PAID PROGRAM