


YMCA GROUP FITNESS CLASS/PROGRAM SCHEDULE (Effective 10/28/2022)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30am (GF) *INDOOR* BARRE BURN - Laura	5:45-6:45am (STR) *INDOOR* TRX -- Karen	5:15-6am (C) *INDOOR* CYCLE -- Eleni	9-10am (GF / V) *INDOOR & VIRTUAL* SIT n GET FIT - Brooke	6:00-6:45am (GF) *INDOOR* STRENGTH- Colleen	5:45-6:45am (STR) *INDOOR* TRX -- Karen	8:00-9:00am (C) *INDOOR* 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 (ZEN) *INDOOR* QI GONG - Jenna	9-10am (GF / V) *INDOOR & VIRTUAL* LOW IMPACT AEROBICS & TONING - Brooke	9:30-10:30am (GF) *INDOOR* TAI CHI- Eileen	8:15-9:15am (GF / V) *INDOOR & VIRTUAL* MORNING MIX- Stephannie
	12:15-1:15pm (C) *INDOOR* CYCLE -- Scott	11:30am-12:30pm (GF) *INDOOR* SENIOR STRENGTH TRAINING-Kathy A	5:30-6:30pm (GF) *INDOOR* ALL LEVELS YOGA -- Dina	12:00pm-1:00pm (GF) *INDOOR* WALK WITH EASE - Felix / Kathy A	12:15-1:15pm (C) *INDOOR* CYCLE -- Scott	9:15-10:15am (GF) *INDOOR* PUMP n CORE - Donna
	5:30-6:30PM (GF / V) *INDOOR & VIRTUAL* SIT n GET FIT - Brooke	5:45-6:45pm (GF) *INDOOR* CARDIO & STRENGTH - Sue	5:30-6:30pm (C) *INDOOR* CYCLE -- Scott	5:30-6:30PM (STR) *INDOOR* TRX BOOTCAMP -- Gigi	4:30-5:30pm (C) *INDOOR* CYCLE -- Amy	10:45-11:45am (GF) *INDOOR* - Chukie BOXING Small Group Training - \$\$
	5:45-6:45PM (C) *INDOOR* CYCLE -- Sue			5:30-6:30PM (D) *INDOOR* ROWING - Sheila		LOCATION CODES: V= VIRTUAL D = THE DEN GF = GROUP FITNESS ROOM C = CYCLE ROOM STR= SPECIALIZED TRAINING ROOM ZEN=ZEN DEN \$\$ PAID PROGRAMMING
				6:00-7:00pm (V) *VIRTUAL* YOGA NIDRA- Jean MONTHLY: 4th THURSDAY OF MONTH		
				6:30-7:30PM (GF) *INDOOR* ZUMBA-Jon		
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		<p>*ALL CLASSES ARE FREE FOR YMCA MEMBERS (unless otherwise specified)</p> <p>*Non-MEMBERS pay \$10 for VIRTUAL CLASS / \$15 for INDOOR CLASS</p> <p>*ALL MUST REGISTER IN ADVANCE for <u>VIRTUAL & TRX CLASSES</u> @: WWW.YMCAULSTER.ORG - (Registration is available 24 hrs before class and up to 1 hr before class)</p> <p>*MUST REGISTER IN ADVANCE FOR \$\$ PAID PROGRAMMING</p> <p>*Group Fitness Class Age Policy: Age 12 & UP (Age 12-14 must be w/Adult)</p> <p style="text-align: center;">QUESTIONS: jburns@ymcaulster.org / 845-338-3810 x103</p>				
 <p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>						