



HEALTHY LIVING GROUP CLASS SCHEDULE

Homestead YMCA



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	6 a.m. - 7 a.m. Spin Spin Studio Yvette	7:15a.m-8a.m 15/15/15 Burn Aerobics Studio Nathalia	6 a.m. - 7 a.m. Spin Spin Studio Yvette	7:15a.m-8a.m 15/15/15 Burn Aerobics Studio Nathalia	6 a.m. - 7 a.m. Spin Spin Studio Yvette		
	7a.m - 8a.m Cardio Strength Aerobic Studio Yvette	8:00 a.m - 9:00 a.m SilverSneakers Enhance Fitness Gymnasium Nathalia	7a.m - 8a.m Cardio Strength Aerobic Studio Yvette	8:00 a.m - 9:00 a.m SilverSneakers Enhance Fitness Gymnasium Nathalia	7a.m - 8a.m Cardio Strength Aerobic Studio Yvette		
	8:30a.m - 9:30am SilverSneakers Classic Gymnasium Michael	8:30 a.m - 9:30 a.m Cardio Strength Aerobic Studio Leanne	8:30a.m - 9:30am SilverSneakers Classic Gymnasium Allison	8:30 a.m - 9:30 a.m Cardio Strength Aerobic Studio Leanne	8:30a.m - 9:30am SilverSneakers Classic Gymnasium Allison	8:30a.m - 9:30 am Cardio Strength Aerobics Studio Kristina	
	8:30a.m - 9:30am Spin Spin Studio Leanne	9:00 a.m-10:00 a.m SilverSneakers Circuit Gymnasium Nathalia	8:30a.m - 9:30am Spin Spin Studio Leanne	9:00 a.m-10:00 a.m SilverSneakers Circuit Gymnasium Nathalia	8:30a.m - 9:30am Spin Spin Studio Leanne	9:30a.m - 10:30 am Spin Spin Studio Rotational	9:30a.m - 10:30 am Spin Spin Studio Allison
8:30a.m - 9:30 am Cardio Strength Aerobics Studio Yvette	9:30 a.m-10:30 a.m Spin Spin Studio Leanne	8:30a.m - 9:30 am Cardio Strength Aerobics Studio Yvette	9:30 a.m-10:30 a.m Spin Spin Studio Leanne	8:30a.m - 9:30 am Cardio Strength Aerobics Studio Yvette	9:15a.m - 10:15 am Water Aerobics Swimming Pool Maria		
9:30 a.m-10:30am SilverSneakers Circuit Gymnasium Micheal	9:30 a.m-10:30a.m Pilates Aerobic Studio Susan	9:30 a.m-10:30am SilverSneakers Circuit Gymnasium Allison	9:30 a.m-10:30a.m Pilates Aerobic Studio Susan	9:30 a.m-10:30am SilverSneakers Circuit Gymnasium Allison	10:30 a.m - 11:30a.m Zumba Aerobic Studio Maria		
AFTERNOON	9:30a.m - 10:30 am Spin Spin Studio Yvette	10:30a.m-11:30a.m Silver Sneaker Chair Yoga Aerobics Susan	9:30a.m - 10:30 am Spin Spin Studio Yvette	10:30a.m-11:30a.m Silver Sneaker Chair Yoga Aerobics Susan	9:30a.m - 10:30 am Spin Spin Studio Yvette		
	9:30 a.m - 10:30am Core Strength Aerobic Studio Leanne		9:30 a.m - 10:30am Core Strength Aerobic Studio Kristina		9:30 a.m - 10:30am Core Strength Aerobic Studio Kristina		
	10:30 a.m - 11:30a.m Zumba Aerobic Studio Daisy		10:30 a.m - 11:30a.m Zumba Aerobic Studio Daisy				
	5:30 p.m-6:30p.m Spin Spin Studio Dee	5:30 p.m-6:30p.m Spin Spin Studio Yesi	5:30 p.m-6:30p.m Cardio Strength Aerobics Studio Kristina	5:30 p.m-6:30p.m Spin Spin Studio Yesi	5:30 p.m-6:30p.m Cardio Strength Aerobics Studio Kristina		
	5:30-6:30p.m Teen Boot Camp Outdoor Matt	5:30 p.m-6:30p.m Zumba Aerobics Studio Nathalia	5:30-6:30p.m Teen Boot Camp Outdoor Matt	5:30 p.m-6:30p.m Zumba Aerobics Studio Nathalia	6:30p.m-7:30p.m Strong by Zumba Aerobics Studio Melanie		
	6p.m-7p.m Zumba Aerobics Studio Veritza	6:30 p.m-7:30p.m Y-FIT (ages6-12) KidZone Ashley	6:30p.m-7:30p.m Spin Spin Studio Yessenia	6:30 p.m-7:30p.m Y-FIT (ages6-12) KidZone Ashley	6:30p.m-7:30p.m Spin Spin Studio Yessenia		
6:30p.m-7:30p.m Spin Spin Studio Yessenia	6:30p.m-7:30p.m Spin Spin Studio Ian	6:30p.m-7:30p.m Zumba Aerobics Maria	6:30p.m-7p.m Core Strength Aerobics Studio Nathalia				
	6:30p.m-7:30p.m Strong by Zumba Aerobics Studio Yajaira						

SPIN

ZUMBA

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