



HEALTHY LIVING GROUP CLASS SCHEDULE

WESTON YMCA Family Center



Spring 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M O R N I N G	5:30-6:30 a.m. Total Body Aerobics Studio Samantha	7:00-8:00 a.m. Hatha Yoga Aerobics Studio Patricia	5:15-6:15 a.m. Cycle Spin Studio GUEST	5:15-6:15 a.m. Cycle Spin Studio Virginia	5:30-6:30 a.m. Total Body Aerobics Studio Samantha		
	8:30-9:30 a.m. Power Core Aerobics Studio Cheyenne	7:00-8:00 a.m. Cycle Spin Studio Antonella	8:00-9:00 a.m. Cycle Spin Studio Virginia	7:00-8:00 a.m. Hatha Yoga Aerobics Studio Patricia	8:00-9:00 a.m. Boxing Burn Aerobics Studio Isabel	7:30-8:30 a.m. Power fit Aerobics Studio Ada	
	8:30-9:30 a.m. Cycle Spin Studio Jackie	8:30-9:30 a.m. Cycle Spin Studio Ana	8:15-9:00 a.m. Enhanced Fitness Multi-Purpose Patricia A	8:30-9:30 a.m. Power Yoga Aerobics Studio Rebecca	8:00-9:00 a.m. Cycle Spin Studio Cindy	7:45-8:45 a.m. Cycle Spin Studio Virginia	8:30-9:30 a.m. Cycle Spin Studio Chris
	9:00-10:00 a.m. Zumba Basketball Court Isabel	9:00-10:00 a.m. Total Body Basketball Court Meredith	9:00-10:00 a.m. Tabata Basketball Court Julia	9:00-10:00 a.m. Power Up Basketball Court Jackie	8:15-9:00am Silver Zumba Gold Multi-Purpose Patricia A	8:30-9:30 a.m. No Limits Fusion Aerobics Studio Ada	8:30-9:30 a.m. Boxing Burn Aerobics Studio Isabel
9:00-10:00 a.m. Silver Classic Multi-Purpose Meredith	9:00-10:00 a.m. Silver Zumba Gold Aerobics studio Amparo	9:00-10:00 a.m. Silver Classic Multi-Purpose Patricia A	9:00-10:00 a.m. Silver Zumba Gold Multi-Purpose Amparo	9:00-10:00 a.m. Vinyasa Yoga Aerobics Studio Nineth	9:00-10:00 a.m. Cycle Spin Studio Meredith	9:30-10:30 a.m. Pump It Up Aerobics Studio Isabel	
9:30-10:30 a.m. Strength Core Aerobics Studio Rebecca	9:00-10:00 a.m. Cardio Barre Multi-Purpose Cindy	10:00-11:00 a.m. Cycle Spin Studio Shari	10:00-11:00 a.m. Total Body Basketball Court Cheyenne	9:00-10:00 a.m. Zumba Basketball Court Isabel	9:30-10:30 a.m. Zumba Aerobics Studio Carmen	10:00-11:00a.m. Cycle Spin Studio Shari	
10:00-11:00 a.m. Cycle Spin Studio Meredith	10:00-11:00 a.m. Cycle Spin Studio Shari	10:00-11:00 a.m. Zumba Aerobics Studio Blanca	10:00-11:00 a.m. Cycle Spin Studio Jackie	9:00-10:00 a.m. Silver Circuit Multi-Purpose Patricia A	10:15-11:15 a.m. Cycle Spin Studio Shari	10:30-11:30 a.m. Zumba Aerobics Studio Isabel	
10:00-11:00 a.m. Silver Chair Yoga Multi-Purpose Room Isabel	10:00-11:00 a.m. Tabata Aerobics Studio Meredith	10:00-11:00 a.m. Silver Chair Yoga Multi-Purpose Gitte	10:00-11:00 a.m. Zumba Aerobics Studio Lucia	9:30-10:30 a.m. Cycle Spin Studio Shari	10:30-11:30 a.m. Vinyasa Yoga Aerobics Studio Renee	12:00-1:00 p.m. Vinyasa Yoga Aerobics Studio Nineth	
10:30-11:30 a.m. Hatha Yoga Aerobics Studio Rebecca	10:00-11:00 a.m. Zumba Basketball Court Amparo	11:00-12:00 p.m. Vinyasa Yoga Aerobics Studio Gitte	10:30-11:30 a.m. Silver Circuit Multi-Purpose Melissa	10:00-11:00 a.m. Silver Classic Multi-Purpose Isabel			
11:00-12:00 p.m. Silver Circuit Multi-Purpose Melissa	10:00-11:00 a.m. Silver Circuit Multi-Purpose Rebecca	11:00-12:00 p.m. Pilates Multi-Purpose Shari	11:00-12:00 p.m. Hatha Yoga Aerobics Studio Rebecca	11:00-12:00 p.m. Silver Chair Yoga Multi-Purpose Isabel			
12:00-1:00 p.m. Cycle Spin Studio Virginia	11:00-12:00 p.m. Slow Flow Yoga Aerobics Studio Lisa	11:00-12:00 p.m. Silver Circuit Basketball Court Melissa	4:30-5:30 p.m. Pump It Up Aerobics Studio Isabel	11:30-12:30 p.m. Yoga Basics Aerobics Studio Lisa			
5:15-6:15 p.m. Yoga Aerobics Studio Nineth	11:00-12:00 p.m. Pilates Multi-Purpose Shari	5:15-6:15 p.m. Hatha Yoga Aerobics Studio Lisa	5:30-6:30 p.m. Zumba Aerobics Studio Isabel	12:00-1:00 p.m. Cycle Spin Studio Virginia			
5:45-6:45 p.m. Cycle Spin Studio Meredith	4:30-5:30 p.m. Pump It Up Aerobics Studio Isabel	6:00-7:00 p.m. Cycle Spin Studio Antonella	6:30-7:30 p.m. Cycle Spin Studio Antonella	4:30-5:30 p.m. Yoga Aerobics Studio Renee			
6:30-7:30 p.m. No Limits Fusion Aerobics Studio Cindy	5:30-6:30 p.m. Zumba Aerobics Studio Isabel	6:30-7:30 p.m. No Limits Fusion Aerobics Studio Cheyenne	6:30-7:30 p.m. Cardio Circuit Aerobics Studio Isabel	5:30-6:30 p.m. Cycle Spin Studio Chris			
7:00-8:00 p.m. Zumba Multi-Purpose Carmen	5:45-6:45 p.m. Cycle Spin Studio Jose Luis	7:30-8:30 p.m. Zumba Aerobics Studio Carmen					
7:00-8:00 p.m. Cycle Spin Studio Antonella	6:30-7:30 p.m. Zumba Aerobics Studio Blanca						
7:30-8:30 p.m. Power Fit Aerobics Studio Cheyenne	7:00-8:00 p.m. Cycle Spin Studio Virginia						

Cycle

Active
Older

Zumba