



# HEALTHY LIVING GROUP CLASS SCHEDULE

## WESTON YMCA



Summer 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M O R N I N G	5:30-6:30 a.m. <b>Total Body</b> Aerobics Studio Samantha	7:00-8:00 a.m. <b>Hatha Yoga</b> Aerobics Studio Patricia		5:15-6:15 a.m. <b>Cycle</b> Spin Studio Virginia	5:30-6:30 a.m. <b>Total Body</b> Aerobics Studio Samantha		
	8:00- 9:00 a.m. <b>Silver Classic</b> Multi-purpose Isabel	7:00-8:00 a.m. <b>Cycle</b> Spin Studio Antonella	8:00-9:00 a.m. <b>Cycle</b> Spin Studio Virginia	7:00-8:00 a.m. <b>Hatha Yoga</b> Aerobics Studio Patricia	8:00-9:00 a.m. <b>Boxing Burn</b> Aerobics Studio Isabel	7:30-8:30 a.m. <b>Power fit</b> Aerobics Studio Ada	
	8:30-9:30 a.m. <b>Cycle</b> Spin Studio Jose Luis	8:30-9:30 a.m. <b>Cycle</b> Spin Studio Ana	8:15-9:00 a.m. <b>Enhanced Fitness</b> Multi-Purpose Patricia A	8:00-9:00 a.m. <b>Strength Core</b> Aerobics Studio Rebecca	8:00-9:00 a.m. <b>Cycle</b> Spin Studio Cindy	7:45-8:45 a.m. <b>Cycle</b> Spin Studio Virginia	8:30-9:30 a.m. <b>Cycle</b> Spin Studio Chris
	8:30- 9:30 a.m. <b>Body Pump</b> Aerobics Studio Ada	8:00-9:00 a.m. <b>Tabata</b> Aerobics Studio Meredith	9:00-10:00 a.m. <b>Tabata</b> Multi-Purpose Julia	9:00-10:00 a.m. <b>Strong by Zumba</b> Aerobics Studio Jackie	8:15-9:00am <b>Silver Zumba Gold</b> Multi-Purpose Patricia A	8:30-9:30 a.m. <b>Body Pump</b> Aerobics Studio Ada	8:30-9:30 a.m. <b>Boxing Burn</b> Aerobics Studio Isabel
	9:00-10:00 a.m. <b>Zumba</b> Multi-Purpose Isabel	9:00-10:00 a.m. <b>Total Body</b> Aerobics studio Merideth	9:00- 10:00 a.m. <b>Body Pump</b> Aerobics Studio Ada	9:00-10:00 a.m. <b>Tai Chi</b> Multi-Purpose Marion	9:00-10:00 a.m. <b>Power Yoga</b> Aerobics Studio Nineth	9:00-10:00 a.m. <b>Cycle</b> Spin Studio Meredith	9:30-10:30 a.m. <b>Pump It Up</b> Aerobics Studio Isabel
	9:30-10:30 a.m. <b>H.I.I.T</b> Aerobics Studio Rebecca	9:00-10:00 a.m. <b>Cardio Barre</b> Multi-Purpose Cindy	10:00-11:00 a.m. <b>Cycle</b> Spin Studio Jose Luis	10:00-11:00 a.m. <b>Cardio Barre</b> Multi-purpose Cindy	9:00-10:00 a.m. <b>Zumba</b> Multi-Purpose Isabel	9:30-10:30 a.m. <b>Zumba</b> Aerobics Studio Carmen	10:00-11:00 a.m. <b>Cycle</b> Spin Studio Virginia
A F T E R N O N j M	10:00-11:00 a.m. <b>Cycle</b> Spin Studio Meredith	10:00-11:00 a.m. <b>Cycle</b> Spin Studio Ana	10:00-11:00 a.m. <b>Zumba</b> Aerobics Studio Blanca	10:00-11:00 a.m. <b>Cycle</b> Spin Studio Jackie	10:00-11:00 a.m. <b>Silver Classic</b> Multi-Purpose Isabel	10:15-11:15 a.m. <b>Cycle</b> Spin Studio Jose Luis	10:30-11:30 a.m. <b>Zumba</b> Aerobics Studio Isabel
	10:00-11:00 a.m. <b>Silver Chair Yoga</b> Multi-Purpose Room Isabel	10:00-11:00 a.m. <b>Zumba</b> Aerobics Studio Amparo	10:00-11:00 a.m. <b>Silver Chair Yoga</b> Multi-Purpose Gitte	10:00-11:00 a.m. <b>Zumba</b> Aerobics Studio Lucia	9:30-10:30 a.m. <b>Cycle</b> Spin Studio Margie	10:30-11:30 a.m. <b>Vinyasa Yoga</b> Aerobics Studio Renee	11:30-12:30 p.m. <b>Yoga</b> Aerobics Studio Guest
	10:30-11:30 a.m. <b>Hatha Yoga</b> Aerobics Studio Rebecca	10:00-11:00 a.m. <b>Silver Circuit</b> Multi-Purpose Rebecca	11:00-12:00 p.m. <b>Vinyasa Yoga</b> Aerobics Studio Gitte	11:00-12:00 a.m. <b>Silver Circuit</b> Multi-Purpose Melissa	10:00-11:00 a.m. <b>Yoga Basic</b> Aerobics Studio Lisa		
	11:00-12:00 p.m. <b>Silver Circuit</b> Multi-Purpose Melissa	11:00-12:00 p.m. <b>Slow Flow Yoga</b> Aerobics Studio Lisa	11:00-12:00 p.m. <b>Silver Circuit</b> Multi-Purpose Melissa	11:00-12:00 p.m. <b>Hatha Yoga</b> Aerobics Studio Rebecca	11:00-12:00 p.m. <b>Chair Yoga</b> Multi-Purpose Isabel		
	12:00-1:00 p.m. <b>Cycle</b> Spin Studio Virginia	11:00-12:00 p.m. <b>Pilates</b> Multi-Purpose Alexandra	5:15-6:15 p.m. <b>Hatha Yoga</b> Aerobics Studio Lisa	4:30-5:30 p.m. <b>Pump It Up</b> Aerobics Studio Isabel	12:00-1:00 p.m. <b>Cycle</b> Spin Studio Virginia		
	5:15-6:15 p.m. <b>Yoga</b> Aerobics Studio Nineth	4:30-5:30 p.m. <b>Pump It Up</b> Aerobics Studio Isabel	6:00-7:00 p.m. <b>Cycle</b> Spin Studio Antonella	5:30-6:30 p.m. <b>Zumba</b> Aerobics Studio Isabel	4:30- 5:30p.m. <b>Yoga</b> Aerobics Studio Renee		
	5:45-6:45 p.m. <b>Cycle</b> Spin Studio Meredith	5:30-6:30 p.m. <b>Zumba</b> Aerobics Studio Isabel	6:30-7:30 p.m. <b>Body Pump</b> Aerobics Studio Cindy	6:30-7:30 p.m. <b>Cycle</b> Spin Studio Antonella	5:30-6:30 p.m. <b>Cycle</b> Spin Studio Chris		
	6:30-7:30 p.m. <b>Body Pump</b> Aerobics Studio Cindy	5:45-6:45 p.m. <b>Cycle</b> Spin Studio Jose Luis	7:30-8:30 p.m. <b>Zumba</b> Aerobics Studio Carmen	6:30-7:30 p.m. <b>Cardio Circuit</b> Aerobics Studio Isabel			
	7:00-8:00 p.m. <b>Zumba</b> Multi-Purpose Carmen	6:30-7:30 p.m. <b>Zumba</b> Aerobics Studio Blanca					
	7:00-8:00 p.m. <b>Cycle</b> Spin Studio Antonella	7:00-8:00 p.m. <b>Cycle</b> Spin Studio Virginia					
7:30-8:30 p.m. <b>Power Fit</b> Aerobics Studio Cheyenne							

Cycling

Active Older

Zumba

[Updated on 6/2019]