## GROUP EXERCISE SCHEDULE

**ALLAPATTAH YMCA FAMILY CENTER**  
October 2021

<table>
<thead>
<tr>
<th>Studio</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
</table>
| Studio B | 9:30–10:30am  
SilverSneakers®/Pedro | 10:00–11:00am  
SilverSneakers®/Aldana | 10:00–11:00am  
Zumba Gold®/Aldana | 10:00–11:00am  
SilverSneakers®/Aldana | 10:00–11:00am  
Zumba Gold®/Aldana |                      |
| Studio A |                      |                          |                          |                           |                          |                          |

### EVENING

| Studio B | 5:30–6:15pm  
*Jazz-Hip Hop/Eliane | 5:30–6:15pm  
*Jazz-Hip Hop/Eliane |                      |                          |                          |                          |
| Studio B | 6:00–7:00pm  
*Karate/Roberto | 6:15–7:00pm  
*Ballet/Eliane | 6:00–7:00pm  
*Karate/Roberto | 6:15–7:00pm  
*Ballet/Eliane |                      |                          |
| Studio B | 7:00–8:00pm  
*Karate/Roberto | 7:00–8:00pm  
*Ballet/Eliane | 7:00–8:00pm  
*Karate/Roberto | 7:00–8:00pm  
*Ballet/Eliane |                      |                          |
| Studio A | 6:00–7:00pm  
Spinning/Anais | 6:00–7:00pm  
Spinning/Anais |                      |                          |                          |                          |
| Studio A | 7:00–8:00pm  
Total Body/Anais | 7:00–8:00pm  
Zumba/Erika | 7:00–8:00pm  
Total Body/Anais | 7:00–8:00pm  
Zumba/Erika |                      |                          |
| Studio A | 8:00–8:55pm  
Zumba/Aldana | 8:00–8:55pm  
Upper Body/Anais | 8:00–8:55pm  
Zumba/Aldana | 8:00–8:55pm  
Lower Body/Anais |                      |                          |

**PLEASE NOTE:**
- Studio A: Spin Room
- Studio B: Aerobic Room
- SilverSneakers®/Silver Fit
- *Fee Based Youth Classes

**Notice:**
- Limited space per class
- First come, first served
- Members must follow all COVID-19 health safety protocols

**HOURS OF OPERATION**
- Monday–Thursday 7am to 9pm
- Fridays 7am to 8pm

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