

## GROUP FITNESS SCHEDULE - MARCH 2020

### MONDAY

2nd 4:45 AM Pump<sup>^</sup> (Kristen)  
 8:30 AM Cardio Sculpt<sup>♦^</sup> (Jodee)  
 6:00 PM AMPD - Kettlebells<sup>^</sup> (Erin)  
 7:00 PM Zumba<sup>^</sup> (Geovy)

9th 4:45 AM Pump<sup>^</sup> (Kristen)  
 8:30 AM Cardio Sculpt<sup>♦^</sup> (Jodee)  
 6:00 PM AMPD - Kettlebells<sup>^</sup> (Erin)  
 7:00 PM Zumba<sup>^</sup> (Geovy)

16th 4:45 AM Pump<sup>^</sup> (Kristen)  
 8:30 AM Cardio Sculpt<sup>♦^</sup> (Jodee)  
 6:00 PM AMPD - Kettlebells<sup>^</sup> (Erin)  
 7:00 PM Zumba<sup>^</sup> (Geovy)

23rd 4:45 AM Pump<sup>^</sup> (Kristen)  
 8:30 AM Cardio Sculpt<sup>♦^</sup> (Jodee)  
 6:00 PM AMPD - Kettlebells<sup>^</sup> (Erin)  
 7:00 PM Zumba<sup>^</sup> (Geovy)

30th 4:45 AM Pump<sup>^</sup> (Kristen)  
 8:30 AM Cardio Sculpt<sup>♦^</sup> (Jodee)  
 6:00 PM AMPD - Kettlebells<sup>^</sup> (Erin)  
 7:00 PM Zumba<sup>^</sup> (Geovy)

### TUESDAY

3rd 6:00 PM Body Blast<sup>^</sup> (Jodee)

10th 6:00 PM Body Blast<sup>^</sup> (Jodee)

17th 6:00 PM Body Blast<sup>^</sup> (Jodee)

24th 6:00 PM Body Blast<sup>^</sup> (Jodee)

31st 6:00 PM Body Blast<sup>^</sup> (Jodee)

### WEDNESDAY

4th 4:45 AM Strong<sup>^</sup> (Kim)  
 8:30 AM Inst. Choice<sup>♦^</sup> (Jodee)  
 5:45 PM Tabata<sup>^</sup> (Kristen)  
 7:00 PM Zumba<sup>^</sup> (Geovy)

11th 4:45 AM Strong<sup>^</sup> (Kim)  
 8:30 AM Inst. Choice<sup>♦^</sup> (Jodee)  
 5:45 PM Tabata<sup>^</sup> (Kristen)  
 7:00 PM Zumba<sup>^</sup> (Geovy)

18th 4:45 AM Strong<sup>^</sup> (Kim)  
 8:30 AM Inst. Choice<sup>♦^</sup> (Jodee)  
 5:45 PM Tabata<sup>^</sup> (Kristen)  
 7:00 PM Zumba<sup>^</sup> (Geovy)

25th 4:45 AM Intervals<sup>^</sup> (Kristen)  
 8:30 AM Inst. Choice<sup>♦^</sup> (Jodee)  
 5:45 PM Tabata<sup>^</sup> (Kristen)  
 7:00 PM Zumba<sup>^</sup> (Geovy)

### THURSDAY

5th 5:30PM Body Pump<sup>^</sup> (Kristen)

12th 5:30PM Body Shred<sup>^</sup> (Jodee)

19th 5:30PM Strong<sup>^</sup> (Kim)

26th 5:30PM Body Shred<sup>^</sup> (Jodee)

### FRIDAY

6th 4:45 AM Instructors Choice<sup>^</sup> (Kristen)  
 8:30 AM Intervals<sup>♦^</sup> (Dana)

13th 4:45 AM Instructors Choice<sup>^</sup> (Kristen)  
 8:30 AM Intervals<sup>♦^</sup> (Dana)

20th 4:45 AM Instructors Choice<sup>^</sup> (Kim)  
 8:30 AM Intervals<sup>♦^</sup> (Dana)

27th 4:45 AM Instructors Choice<sup>^</sup> (Kim)  
 8:30 AM Intervals<sup>♦^</sup> (Dana)

### SATURDAY

7th 8:30 AM Strong<sup>^</sup> (Kim)  
 9:30 AM Zumba<sup>^</sup> (Geovy)

14th 8:30 AM AMPD - Kettlebell<sup>^</sup> (Erin)  
 9:30 AM Zumba<sup>^</sup> (Geovy)

21st 8:30 AM Body Blast<sup>^</sup> (Jodee)  
 9:30 AM Zumba<sup>^</sup> (Geovy)

28th 8:30 AM Tabata<sup>^</sup> (Kristen)  
 9:30 AM Zumba<sup>^</sup> (Geovy)

### SUNDAY

1st 4:00 PM Fit in Faith<sup>♦^</sup> (Kim)

8th 4:00 PM Fit in Faith<sup>♦^</sup> (Jodee)

15th 4:00 PM Fit in Faith<sup>♦^</sup> (Erin)

22nd 4:00 PM Fit in Faith<sup>♦^</sup> (Jodee)

29th 4:00 PM Fit in Faith<sup>♦^</sup> (Kristen)

### NEW CLASS OPTION - YOGA!!

Tuesday - 7:15 - 8:15pm

Thursday - 8:30 - 9:30am

Sunday - March 8 & 22 - 2pm

Cost: \$5 walk-in or an 8 class pass \$25 members and \$38 non-members

(Not included in group fitness pass)

### PRICING & MEMBERSHIP DETAILS

#### Group Fitness Classes Only:

Unlimited Group Fitness Classes = \$45/month (no YMCA Membership required)

Walk In Rate = \$5.00

Classes marked with a <sup>^</sup> are eligible for Unlimited Group Fitness Classes

#### YMCA Members:

Add \$25 per month to any YMCA Membership for Unlimited Classes

Classes marked with a <sup>^</sup> are eligible for Unlimited Group Fitness Classes

Classes marked with a <sup>♦</sup> are included in the monthly YMCA Membership cost

(No Unlimited Group Fitness pass or walk-in rate required)

