



GROUP EXERCISE SCHEDULE
Begins 4/27/2023

NEW classes are highlighted

LOCATION MBS = Mind/Body Studio SB = Studio Beat OC = Odyssey Center CS = Cycle Studio OS=Outside

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15a	All Levels Cycle CS - Team	BODYPUMP™ SB - Stephanie	All Levels Cycle CS - Nora	BODYPUMP™ SB - Stephanie			
6:00a	BarreMax SB - Susan	YogaFlow MBS - Jodi			BarreMax SB - Susan		
6:30a			RPM™ CS - Giovanna		RPM™ & Core CS - Giovanna		
7:15a						BODYPUMP™ SB - Mariah	
7:30a	Circuit Training SB - Allison	BODYPUMP™ SB - Jillian	Circuit & Flow SB - Allison	BODYPUMP™ SB - Jillian		All Levels Cycle CS - Nora/Jodi	
8:00a		SHIIFT OC - Corrine		SHIIFT OC - Corrine	Strength & Core SB - Giovanna	Power Yoga MBS - Joanne/Christina	
8:15a							BODYCOMBAT™ SB - Denise
8:30a	All Levels Cycle CS - Gary				All Levels Cycle CS - Gary	POUND® SB - Amy	All Levels Cycle CS - Gary
9:00a	BODYCOMBAT™ SB - Corrine	SHIIFT OC - Corrine	BarreMax SB - Susan	SHIIFT OC - Corrine	All Levels Yoga 8:45 MBS - Lenny		
	Octagon Carl	Zumba® SB - Caroline	Bootcamp OC - Allison/Danielle	Zumba® SB - Caroline	BarreMax SB - Susan		
9:15a		Vinyasa Flow MBS - Carrie/Jolie	Octagon 9am Carl			Zumba® 9:35 SB - Stephani R.K./Gemma	YogaFlow SB - Jodi
10:15a	Vinyasa Flow MBS - Carrie		Cardio Sculpt SB - Linda		Zumba® Gold SB - Caroline		
	Cardio Sculpt SB - Linda		BarreLess Burn MBS - Susan				
11:30a	Senior Strength & Balance SB - Linda	Gentle Yoga SB - Linda	Senior Strength & Balance SB - Katie	Gentle Stretch & Strength SB - Linda	Chair Yoga SB - Pam MK		
12:45p	BarreMax SB - Susan				Zumba® Stars SB - Caroline		
					Guided Meditation (12:30) MBS - Jill		
4:30p	TRX Fusion SB - Mariah	BODYCOMBAT™ SB - Denise	GRIT Cardio OC - Jillian	RPM™ CS - Mariah			
5:00p		Cycle CS - Lauren	Strength + Core OC - Jillian				
5:30p	POUND® SB - Laura	BODYPUMP™ SB - Denise		BODYPUMP™ SB - Denise	Wildcard Workout SB - Team		
	RPM™ CS - Mariah		Barre SB - Kayoko				
6:00p	Yoga to Meditation MBS - Lauren	Power Yoga MBS - Joanne		Power Yoga MBS - Christina			
6:35p	Zumba® SB - Stephani R.K.	(6:45p) Pound Unplugged SB Laura	POUND® SB - Jill	Zumba® SB - Gemma			

Members must sign up in advance for all classes at the Exeter Area YMCA. There is a 3-day advanced sign up for all classes. You can do this through the Mind Body website or app.