

ONSITE GROUP EXERCISE SCHEDULE

Spring 2022

NEW classes are highlighted

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	All Levels Cycle CS - Lisa	BODYPUMP™ SB - Giovanna	All Levels Cycle CS - Lisa	BODYPUMP™ SB - Giovanna		
6:00a	Barre SB - Susan				Barre SB - Susan	
6:30a			RPM™ Cycle CS - Giovanna		RPM + Core CS - Giovanna	
7:15a						All Levels Cycle CS - Lisa BODYPUMP™ SB - Mariah
7:30a	Circuit Training SB - Allison	BODYPUMP™ SB - Jillian	Circuit Training & Flow SB - Allison	BODYPUMP™ SB - Jillian		
8:00a	All Level Yoga MBS - Linda				Strength & Core SB - Giovanna	Power Yoga MBS - Joanne SHIFT OC - Grace
8:30a	All Level Cycle CS - Gary		All Levels Cycle CS - Lisa		All Level Cycle CS - Gary	POUND® SB - Amy
9:00a	Pilates MBS - Sarah BODYCOMBAT™ SB - Corrine	SHIIFT OC - Corrine Zumba® SB - Caroline	Barre SB - Susan	SHIIFT OC - Corrine Zumba® SB - Caroline	Barre SB - Susan All Level Yoga MBS - Lenny	
9:15a		Vinyassa Flow MBS - Carrie/Joli				9:35a - Zumba® SB - Stephani R.K./Gemma
10:00a	Cardio Sculpt SB - Linda Pilates MBS - Sarah		Carido Sculpt SB - Linda		Zumba® Gold SB - Caroline	
11:15a	Senior Strength & Balance SB - Linda	Gentle Yoga MBS - Linda	Senior Strength & Balance SB - Katie	Gentle Stretch & Strength MBS - Linda	Senior Strength & Balance SB - Rotation	
12:30p	Barre SB - Susan				Zumba® Stars SB - Caroline	
4:30p	TRX Fusion SB - Mariah	BODYCOMBAT™ SB - Denise	GRIT™ Cardio OC - Corrine	RPM CS - Mariah		
5:00p			Strength Training+ Core OC - Corrine			
5:30p	POUND® SB - Cheryl RPM CS - Mariah	BODYPUMP™ SB - Denise	Power Cycle CS - Gary Barre SB - Kayoko	POUND® SB - Jill		
6:00p		Power Yoga MBS - Joanne		Power Yoga MBS - Christina		
6:35p	Zumba® SB - Stephani R.K.			Zumba® SB - Gemma		

For a list of Virtual Classes please see the reverse side



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL GROUP EXERCISE SCHEDULE

Spring 2022

Classes highlighted in YELLOW are available virtually on Zoom Meetings <https://us02web.zoom.us/j/81443794741> Click Join Meeting and enter Meeting ID 814 4379 4741 in window titled "Join" on your Zoom page or click the link in the class schedule from the Exeter Area YMCA website or MindBody schedule.

Classes highlighted in GREEN are available virtually on Zoom Meetings <https://us02web.zoom.us/j/87056973806> Click Join Meeting and enter Meeting ID 870 5697 3806 in window titled "Join" on your Zoom page or click the link in the class schedule from the Exeter Area YMCA website or MindBody schedule.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00a	Strength Training Stephanie P.		Strength Training Stephanie P.		Strength Training Stephanie P.	Power Yoga Joanne <i>LIVE class offered Virtually</i>	
8:15a							BODYFLOW™ Jodi
9:00a							
9:15a		Vinyasa Flow Carrie/Jolie					
9:30a	Zumba Gold Caroline						
10:30a			Strong & Steady Molly		Strong & Steady Molly		
11:15a		Gentle Yoga Linda <i>LIVE class offered Virtually</i>					
5:30p			Barre Kayoko <i>LIVE class offered Virtually</i>				
6:00p		Power Yoga Joanne <i>LIVE class offered Virtually</i>		Power Yoga Joanne <i>LIVE class offered Virtually</i>			
6:30p							

For a complete list of Live Classes please see the reverse side