THE YMCA OF THE COASTAL BEND GROUP EXERCISE CLASS SCHEDULE 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
6-7 a.m.	8-9 a.m.	6-7a.m.	9-10 a.m.	8-9 a.m.	9-10 a.m.
Cycling	Zumba Gold®	Cycling	SilverSneakers®	Zumba Gold®	Zumba Gold®
Cycling Room (Adam)	Group Exercise A	Cycling Room	Boom: Mind &	Group Exercise A	Group Exercise A
, 5	(Elena)	(Adam)	EnerChi	(Elena)	(Elena)
7:30 - 8:30 a.m	,		Community Room	(=,	(Eleria)
Tai-Chi	9-10 a.m.	7:30-8:30a.m	(Bill)	9-10 a.m.	9 - 10 a.m.
Group Exercise A (Paul)	SilverSneakers®	Tai-Chi		Aqua ZUMBA®	Pawz UP Kickboxing
,	Boom: Yoga, Strength	Group Exercise A	9-10 a.m.	Pool	Community Room
9-10 a.m.	& Flow	·	Aqua ZUMBA® Pool	(Elena)	(Kim)
Aqua ZUMBA®	Community Room	9-10 a.m.	(Elena)		<i>()</i>
Pool	(Bill)	Aqua ZUMBA®	(Lieria)	10-11 a.m.	10-11 a.m.
		Pool	12-1 p.m.	SilverSneakers®	PUMP
(Elena)	9-10 a.m.	(Elena)	H.I.I.T	Boom: Move &	Group Exercise A (Sarah)
10-11 a.m.	Aqua ZUMBA®		Group Exercise B (Tim)	Muscle	eroup Exercise A (Surary
SilverSneakers®	Pool	10-11 a.m.	, , ,	Community Room	12-12:45 p.m.
Boom: Move &	(Elena)	SilverSneakers®	12-1 p.m.	(Manny)	Self Defense
Muscle		Boom: Move &	Cardio Push	()	Community Room
	10-11 a.m.	Muscle	Cycling Room	12-1 p.m.	Martin
Community Room	Les Mills Body	Community Room	(Maria)	Core/Circuit	ria di
(Manny)	Balance	(Manny)		Group Exercise A	1-1:45 p.m.
12.1	Group Exercise A	,	5:30-6:30 p.m.	(Maria)	Karate*
12-1 p.m.	(Lisa)	12-1 p.m.	Zumba®	(* 14.14)	Community Room
Core/Circuit		Core/Circuit	Community Room	12-1 p.m.	Martin
Group Exercise A	12-1 p.m.	Group Exercise A	(Fernando)	H.I.I.T	Martin
(Maria)	H,I,I,T	(Maria)	5:30-6:30 p.m. p.m.	Group Exercise B	
F 20	Group Exercise B	,	PUMP	(Tim)	
5:30-6:30 p.m.	(Tim)	12-1 p.m.	Group Exercise A	()	
Bootcamp		Group X	(Sarah)	5:30-6:30 p.m.	
Group Ex B	5:30-6:30 p.m.	Group Exercise B		Zumba®	
(Solomon)	Zumba®	(Tim)	7-7:45 p.m.	Group Exercise A	
F 20 C 20	Community Room		Self Defense		
5:30-6:30 p.m.	(Fernando)	5:30-6:30 p.m.	Community Room	5:30-6:30 p.m.	
Zumba®	,	Bootcamp	Martin	Aqua ZUMBA®	
Group Exercise A	5:30-6:30 p.m.	Group Ex B	0.045	Pool	
(Elena)	Body Pump	(Solomon)	8-8:45 p.m.	(Elena)	
F 20 C 20 m m Maken	Group Exercise A		Karate* Community Room		
5:30-6:30 p.m. Water	(Sarah)	5:30-6:30 p.m.	Martin		
Aerobics Pool	. ,	Zumba®	Martin		
(Rebecca)	7-7:45 p.m.	Group Exercise A			
C 0.0 7.00	Self Defense	(Elena)			
6:00- 7:00 p.m.	Community Room				
Pawz UP Kickboxing	Martin	5:30-6:30 p.m.			
Community Room		Water Aerobics			
(Kim)	8-8:45 p.m.	Pool			
6 45 7 45	Karate*	(Rebecca)			
6:45-7:45 p.m.	Community Room				
Sunset Yoga	Martin	6:00-7:00 p.m.			
Group Exercise A		Pawz UP			
(Armando)		Kickboxing		*	. 61
		Community Room		Kar	rate Classes free
		(V:)			

Karate Classes free for the month of April

(Kim)