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	Group Exercise A	Cycling Room	Boom: Mind &	Group Exercise A	Group Exercise A	
(Adam)	(Elena)	(Adam)	EnerChi	(Elena)	(Elena)	
			Community Room			
7:30 - 8:30 a.m	9-10 a.m.	7:30-8:30a.m	(Bill)	9-10 a.m.	9 - 10 a.m.	
Tai-Chi	SilverSneakers®	Tai-Chi	9-10 a.m.	Aqua ZUMBA®	Pawz UP Kickboxii	ng
Group Exercise A	Boom: Yoga, Strength	Group Exercise A	Aqua ZUMBA®	Pool	Community Room	
(Paul)	& Flow		Pool	(Elena)	(Kim)	
	Community Room	9-10 a.m.	(Elena)			
9-10 a.m.	(Bill)	Aqua ZUMBA®		10-11 a.m.	10-11 a.m.	
Aqua ZUMBA®		Pool	12-1 p.m.	SilverSneakers®	PUMP	
Pool	9-10 a.m.	(Elena)	H.I.I.T	Boom: Move &	Group Exercise A	
(Elena)	Aqua ZUMBA®		Group Exercise B	Muscle	(Sarah)	
	Pool	10-11 a.m.	(Tim)	Community Room		
10-11 a.m.	(Elena)	SilverSneakers®	12.1	(Manny)	12-12:45 p.m.	
SilverSneakers®		Boom: Move &	12-1 p.m.		Self Defense	
Boom: Move &	10-11 a.m.	Muscle	Cardio Push Cycling Room	12-1 p.m.	Community Room	
Muscle	Les Mills Body	Community Room	(Maria)	Core/Circuit	(Martin)	
Community Room	Balance	(Manny)	(Maria)	Group Exercise A		
(Manny)	Group Exercise A		5:30-6:30 p.m.	(Maria)	1-1:45 p.m.	
	(Lisa)	12-1 p.m.	Zumba®		Karate*	
12-1 p.m.		Core/Circuit	Community Room	12-1 p.m.	Community Room	
Core/Circuit	12-1 p.m.	Group Exercise A	(Fernando)	H.I.I.T	(Martin)	
Group Exercise A	H.I.I.T	(Maria)		Group Exercise B	,	
(Maria)	Group Exercise B	43.4	5:30-6:30 p.m. p.m.	(Tim)		
	(Tim)	12-1 p.m.	PUMP			
5:30-6:30 p.m.	520.520	Group X	Group Exercise A	5:30-6:30 p.m.		
Zumba®	5:30-6:30 p.m.	Group Exercise B	(Sarah)	Zumba®		
Group Exercise A	Zumba®	(Tim)		Group Exercise A		
(Elena)	Community Room	5:30-6:30 p.m.	7-7:45 p.m.			
5.20.6.20	(Fernando)	Zumba®	Self Defense	5:30-6:30 p.m.		
5:30-6:30 p.m.	F 20, F 20	Group Exercise A	Community Room (Martin)	Aqua ZUMBA®		
Water Aerobics	5:30-6:30 p.m.	(Elena)	(Martin)	Pool		
Pool	Body Pump	(Liena)	8-8:45 p.m.	(Elena)		
(Rebecca)	Group Exercise A	5:30-6:30 p.m.	Karate*			
C 00 7 00	(Sarah)	Water Aerobics	Community Room			
6:00-7:00 p.m.	7-7:45 p.m.	Pool	(Martin)			
Pawz UP Kickboxing	Self Defense	(Rebecca)				
Community Room		(Nebeccu)				
(Kim)	Community Room (Martin)	6:00-7:00 p.m.				
6.45 7.45 n m	(ויומו נוו ון	Pawz UP				
6:45-7:45 p.m.	8-8:45 p.m.	Kickboxing				
Sunset Yoga	6-6:45 μ.Π. Karate*	Community Room				
Group Exercise A	Community Room	(Kim)				
(Armando)	(Martin)					
		6:45 - 7:45 p.m.		*		

Sunset YogaGroup Exercise A
(Armando)

Sign up for Karate Classes at ymca-cc.org