

THE YMCA OF THE COASTAL BEND

GROUP EXERCISE CLASS SCHEDULE 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 a.m. Cycling Cycling Room (Adam)	8-9 a.m. Zumba Gold® Group Exercise A (Elena)	6-7a.m. Cycling Cycling Room (Adam)	9-10 a.m. SilverSneakers® Boom: Mind & EnerChi Community Room (Bill)	8-9 a.m. Zumba Gold® Group Exercise A (Elena)	9-10 a.m. Zumba Gold® Group Exercise A (Elena)	
7:30 - 8:30 a.m Tai-Chi Group Exercise A (Paul)	9-10 a.m. SilverSneakers® Boom: Yoga, Strength & Flow Community Room (Bill)	7:30-8:30a.m Tai-Chi Group Exercise A	9-10 a.m. Aqua ZUMBA® Pool (Elena)	9-10 a.m. Aqua ZUMBA® Pool (Elena)	9 - 10 a.m. Pawz UP Kickboxing Community Room (Kim)	
9-10 a.m. Aqua ZUMBA® Pool (Elena)	9-10 a.m. Aqua ZUMBA® Pool (Elena)	9-10 a.m. Aqua ZUMBA® Pool (Elena)	12-1 p.m. H.I.I.T Group Exercise B (Tim)	10-11 a.m. SilverSneakers® Boom: Move & Muscle Community Room (Manny)	10-11 a.m. PUMP Group Exercise A (Sarah)	
10-11 a.m. SilverSneakers® Boom: Move & Muscle Community Room (Manny)	10-11 a.m. Les Mills Body Balance Group Exercise A (Lisa)	10-11 a.m. SilverSneakers® Boom: Move & Muscle Community Room (Manny)	12-1 p.m. Cardio Push Cycling Room (Maria)	12-1 p.m. Core/Circuit Group Exercise A (Maria)	12-12:45 p.m. Self Defense Community Room (Martin)	
12-1 p.m. Core/Circuit Group Exercise A (Maria)	12-1 p.m. H.I.I.T Group Exercise B (Tim)	12-1 p.m. Core/Circuit Group Exercise A (Maria)	5:30-6:30 p.m. ZumbaÂ® Community Room (Fernando)	12-1 p.m. H.I.I.T Group Exercise B (Tim)	1-1:45 p.m. Karate* Community Room (Martin)	
5:30-6:30 p.m. Zumba® Group Exercise A (Elena)	5:30-6:30 p.m. Zumba® Community Room (Fernando)	12-1 p.m. Group X Group Exercise B (Tim)	5:30-6:30 p.m. p.m. PUMP Group Exercise A (Sarah)	5:30-6:30 p.m. Zumba® Group Exercise A		
5:30-6:30 p.m. Water Aerobics Pool (Rebecca)	5:30-6:30 p.m. Body Pump Group Exercise A (Sarah)	5:30-6:30 p.m. ZumbaÂ® Group Exercise A (Elena)	7-7:45 p.m. Self Defense Community Room (Martin)	5:30-6:30 p.m. Aqua ZUMBA® Pool (Elena)		
6:00- 7:00 p.m. Pawz UP Kickboxing Community Room (Kim)	7-7:45 p.m. Self Defense Community Room (Martin)	5:30-6:30 p.m. Water Aerobics Pool (Rebecca)	8-8:45 p.m. Karate* Community Room (Martin)			
6:45-7:45 p.m. Sunset Yoga Group Exercise A (Armando)	8-8:45 p.m. Karate* Community Room (Martin)	6:00- 7:00 p.m. Pawz UP Kickboxing Community Room (Kim)				
		6:45 - 7:45 p.m. Sunset Yoga Group Exercise A (Armando)				

* Sign up for Karate Classes at ymca-cc.org