



YMCA OF THE COASTAL BEND

GROUP EXERCISE CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00a	Cycling (Adam) Cycling Room		Cycling (Adam) Cycling Room			
7:30a	Tai- Chi (Paul) Group X Room A		Tai- Chi (Paul) Group X Room A			
8:00a		Zumba Gold (Elena) Group X Room A			Zumba Gold (Elena) Group X Room A	
9:00a	SilverSneakers Move & Muscle (Armando) Community Room Aqua Zumba (Elena) Pool	SilverSneakers Yoga Strength & Flow (Bill) Community Room Aqua Zumba (Elena) Pool	SilverSneakers Move & Muscle (Armando) Community Room Aqua Zumba (Elena) Pool	SilverSneakers Mind & EnerChi (Bill) Community Room Aqua Zumba (Elena) Pool	SilverSneakers Move & Muscle (TBA) Community Room Aqua Zumba (Elena) Pool	Zumba Gold (Elena) Group X Room A Pawz-Up Kick Boxing (Kim) Community Room
10:00a						BodyPump (Sarah) Group X Room A
12:00p	Core & Circuit (Maria) Group X Room A	H.I.I.T (Tim) Group X Room B	Core & Circuit (Maria) Group X Room A H.I.I.T (Tim) Group X Room B	H.I.I.T (Tim) Group X Room B	Core & Circuit (Maria) Group X Room A H.I.I.T (Tim) Group X Room B	
5:30p	Zumba (Elena) Group X Room A Water Aerobics (Becky) Pool	BodyPump (Sarah) Group X Room A Zumba (Fernando) Community Room	Zumba (Elena) Group X Room A Water Aerobics (Becky) Pool	BodyPump (Sarah) Group X Room A Zumba (Fernando) Community Room	Zumba (Elena) Group X Room A Water Aerobics (Becky) Pool	
6:00p	Pawz-Up Kick Boxing (Kim) Community Room		Pawz-Up Kick Boxing (Kim) Community Room			
6:45p	Sunset Yoga (Armando) Group X Room A		Sunset Yoga (Armando) Group X Room A		Group Class Room Guide Cycling Room Community Room Group Class Room A Group Class Room B Pool	
7:30p	Tai- Chi (Paul) Community Room		Tai- Chi (Paul) Community Room			