## THE YMCA OF THE COASTAL BEND **GROUP EXERCISE CLASS SCHEDULE 2025**



Sunday

..... **Tuesday** Thursday Saturday Monday Wednesday Friday 6-7 a.m. 6-7 a.m. **Cycling** Cycling Room (Adam) **Cycling** Cycling Room (Adam) 7:30 - 8:30 a.m 8-9 a.m. 7:30 - 8:30 a.m 8-9 a.m. Zumba Gold® Tai-Chi Zumba Gold® Tai-Chi Group Exercise A (Paul) Group Exercise A (Elena) Group Exercise A (Elena) Group Exercise A 9–10 a.m. SilverSneakers® 9-10 a.m. SilverSneakers® 9-10 a.m. 9–10 a.m. 9-10 a.m. 9-10 a.m. SilverSneakers® SilverSneakers® SilverSneakers® Zumba Gold® Boom: Yoga, Strength & Flow Boom: Move & Boom: Move & Boom: Mind & Boom: Move & Group Exercise A (Elena) Muscle Muscle Muscle EnerChi Community Room (Armando) Community Room (Armando) Community Room (Armando) Community Room (Bill) Community Room (Bill) 9-10 a.m. 9-10 a.m. 9–10 a.m. 9-10 a.m. 9-10 a.m. Aqua ZUMBA® Aqua ZUMBA® Aqua ZUMBA® Aqua ZUMBA® Aqua ZUMBA® Pool (Elena) Pool (Elena) Pool (Elena) Pool (Elena) Pool (Elena) 12-1 p.m. 12-1 p.m. 12-1 p.m. 12-1 p.m. **Cardio Push** Core/Circuit Core/Circuit Core/Circuit Group Exercise B Group Exercise A Cycling Room (Maria) Group Exercise A (Maria) (Maria) (Maria)

5:30-6:30 p.m. Zumba® Group Exercise A (Elena)

5:30-6:30 p.m. Zumba® Community Room (Fernando)

5:30-6:30 p.m. Water Aerobics Pool (Rebecca)

5:30-6:30 p.m. BOMBA Group Exercise A (Manny)

5:30-6:30 p.m. Water Aerobics

5:30-6:30 p.m. Zumba®

Group Exercise A (Elena)

5:30-6:30 p.m. BOMBA Group Exercise A (Manny) Pool (Rebecca)

5:30-6:30 p.m.

Community Room (Fernando)

Zumba®

5:30-6:30 p.m. Zumba® Group Exercise A (TBA)

5:30-6:30 p.m. Aqua ZUMBA® Pool (Elena)

6:45 - 7:45 p.m. Sunset Yoga Group Exercise A (Armando)

6:45 - 7:45 p.m. Tai-Chi Community Room (Paul)

Sunset Yoga Group Exercise A (Armando)

6:45 - 7:45 p.m.

6:45 - 7:45 p.m. Tai-Chi Community Room (Paul)

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