



GROUP EXERCISE SCHEDULE



MAY 2022

MON	TUES	WED	THUR	FRI	SAT
5:15am Cycle with Jose		5:15am Cycle with Michelle		5:15am Cycle with Jeff/Michelle	
8:30am Zumba with Chelsa	8am STRONG with Joanna	8:30am Zumba with Joanna	8am STRONG with Joanna	8:30am Zumba with Hilary	9am *Wellness Orientations with Membership Team
9:30am TRX with Megan	9:30am Strength Train Together with Christa	9:30am Cycle with Amy	9:30am Strength Train Together with Christa	9:30am Cycle with Amy	9:30am Strength Train Together with Vicki
10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	10am SilverSneakers Classic with Cindy [Gym] [In-Person & Zoom]	11am SilverSneakers Yoga with Cheri [In-Person & Zoom]	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	10am SilverSneakers Classic with Cheri [Gym]	
11am SilverSneakers Yoga with Cindy	11am Gentle Yoga with Audri	12pm Y Firm with Melissa	11am Gentle Yoga with Audri	11am SilverSneakers Yoga with Cheri [In-Person & Zoom]	
12pm Y Firm with Melissa				12pm Y Firm with Melissa	*Learn the basics of all our weight & cardio machines. More info can be found at puebloymca.org/wo or at the front desk
6pm Cardio Mix with Kristie	6pm Metabolic Conditioning with Vicki	6pm Zumba with Janessa	6pm Metabolic Conditioning with Vicki		
6:30pm Circuit Training with Darryl [Steelworks]	7pm Yoga with Kristie	6:30pm Circuit Training with Darryl [Steelworks]	7pm Yoga with Kristie		

Pool GroupEx 

Mon/Wed - Water Fitness @ 5:30pm
with Christine [Main Pool]

Tue/Th - Water Fitness @ 8:30am
with Bobbi [Main Pool]

Fridays - Water Fitness @ 8:30am
with Michele [Main Pool]

Please note: Schedule is subject to change. All classes occur in our GroupEx Studio unless otherwise noted.