



# GROUP EXERCISE SCHEDULE



# NOV 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 Jacqueline	8am Zumba with Angela	8:30am Boot Camp with Christa [Interim Class]	8:20am Kickboxing with Jacqueline	8:30am Zumba with Jacqueline	9am *Youth Wellness Orientations with Membership Team  Youth learn the basics of weight & cardio machines to ensure maximum safety. Adult orientations can be scheduled online at <a href="http://puebloymca.org/wo">puebloymca.org/wo</a>
9:30am Cycle with Amy	9:30am Strength Train Together with Christa	9:30am Cycle with Amy	9:30am Strength Train Together with Christa	9:30am TRX with Megan	
10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	10am SilverSneakers Classic with Cindy [Gym] [In-Person & Zoom]	10am Kids Flex with Jordan <b>[Elementary school age] [Gym]</b>	9:30am Strength Train Together with Vicki
11am SilverSneakers Yoga with Cindy	11am Yoga & Stability Together with Cindy [Gym]		11am Gentle Yoga with Audri	11:30am Kids Flex with Kelly <b>[Middle school age] [Gym]</b>	
12pm Y Firm with Melissa		12pm Y Firm with Melissa	12:15pm Ballet Barre Fusion with Kelly	11am SilverSneakers Yoga with Cheri [In-Person & Zoom]	
6pm Cardio Mix with Kristie	6pm Metabolic Conditioning with Vicki	6pm Zumba with Janessa	6pm Metabolic Conditioning with Vicki	12pm Y Firm with Melissa	
6:30pm Abs & Circuit with Vicki [Steelworks]	7pm Yoga with Kristie	6:30pm Abs & Spin with Vicki [Steelworks]	7pm Yoga with Kristie	1pm Y Strong Jr. with Kelly [Gym]	
				6pm Cycle with Guy	

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

## Pool GroupEx

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

Wednesdays - PowerSwim @ 5:30pm  
with Josh [Lap Lanes]

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

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