



GROUP EXERCISE SCHEDULE



SEPT 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 [Begins Sept 20]	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 puebloymca.org/wo
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 Cindy [Gym] [In-Person & Zoom]	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	10am SilverSneakers Classic with Cheri [Gym] [In-Person & Zoom]	10am Kids Flex with Jordan (Elementary school age) [Gym]	9:30am Strength Train Together with Vicki
11am SilverSneakers Yoga with Cindy	11am Gentle Yoga with Audri	11am Yoga & Stability Together with Cindy	11am Gentle Yoga with Audri	11am SilverSneakers Yoga with Cheri [In-Person & Zoom]	
12pm Y Firm with Melissa		12pm Y Firm with Melissa	12:15pm Ballet Barre Fusion with Kelly	12pm Y Firm with Melissa	
6pm Cardio Mix with Kristie	6pm Metabolic Conditioning with Vicki	6pm Zumba with Janessa	6pm Metabolic Conditioning with Vicki	1pm Y Strong Jr. with Kelly [Gym]	
6:30pm Circuit Training with Darryl [Steelworks]	7pm Yoga with Kristie	6:30pm Circuit Training with Darryl [Steelworks]	7pm Yoga with Kristie	6pm Cycle with Guy [Begins Sept 23]	

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 Michele [Main Pool]

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