

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Rockwall County YMCA Group Exercise Schedule August 23 - October 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio Fusion 5:45-6:45am Kellee	Cycle/Run 5:45-6:45am Kellee	Cardio Circuit 5:45-6:45am Kellee	Cycle Circuit 5:45-6:45am Kellee	Kickbox Circuit 5:45-6:45am Kellee	
Step 8:30-9:15am Michelle	Cardio Intervals 8:30-9:25am Kellee	Step 8:30-9:15am Michelle	Body Sculpt 8:30-9:25am Kellee	Boot Camp Ball 8:30-9:25am Michelle	Total Body Conditioning 8:30-9:30am Beth
Ab Blast 9:15-9:25am Michelle		Ab Blast 9:15-9:25am Michelle			
	Gentle Pi-Yo 9:35-10:25am Nanci	Walk and Roll 8:30-9:30am Kellee	Gentle Yoga 9:30-10:25am Pru		Pi-Yo 9:30-10:30am Pru
Cardio Light 9:30-10:00am Michelle	Cycle & Abs 9:30-10:30am Kellee	Cardio Light 9:30-10:00am Michelle	Cycle & Abs 9:30-10:30am Kellee	Body Sculpt Light 9:30-10:15am Lindsi	
Body Sculpt Light 10:00-10:25am Michelle		Body Sculpt Light 10:00-10:25am Michelle		Ab Blast 10:15-10:25am Lindsi	
Silver Sneakers Muscle 10:30-11:30am Kellee	Silver Sneakers Cardio 10:30-11:30am Kellee	Silver Sneakers Muscle 10:30-11:30am Lindsi	Silver Sneakers Cardio 10:30-11:30am Pru	Silver Sneakers Muscle 10:30-11:30am Melinda	
		Cycle 12:00-1:00pm Beth			
Cardio Fusion 5:00-6:00pm Kellee	Cycle Boot Camp 5:30-6:30pm Kellee	Body Sculpt w/Cardio Intervals 5:00-6:00pm Kellee	Cycle & Abs 5:30-6:30pm Kellee		
	Family Zumba 6:00-6:45pm Blanca	Kid Fit 6:00-7:00pm TBA	KidFit 6:00-7:00pm Erik	New Or Returning to Exercise? Try these classes: Gentle Pi-Yo Gentle Yoga Cardio Light Body Sculpt Light The Body Shop	
THE BODY SHOP* <i>NEW CLASS!</i> 6:15-7:00pm Nanci		THE BODY SHOP* <i>NEW CLASS!</i> 6:15-7:00pm Nanci			
	Power Yoga 7:00-8:00pm Pru		Pilates 7:00-8:00pm Pru		

All group exercise classes are a part of your Family, Adult or Senior Membership. No registration required!
Members age 10 and up are welcome to attend classes - participants ages 10-12 must have a parent with them.

Please bring your own mat to Yoga and Pilates classes.

YMCA Mission: To Put Christian Values Into Practice Through Programs That Build Healthy Spirit, Mind, and Body For All.

Check out our Aquatic Schedule for a complete listing our our Water Fitness Classes!