

HASTINGS FAMILY YMCA

GROUP EXERCISE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FIT Room 1 5:15 am - 6:00 am	Total Toning Aerobics Room 5:15 am - 6:00 am	FIT Room 1 5:15 am - 6:00 am	Total Toning Aerobics Room 5:15 am - 6:00 am	SH1FT Room 1 5:15 am - 6:30 am	
	Les Mills Body Pump Aerobics Room 5:30 am - 6:30 am	Group Cycling Cycling Room 5:30am-6:15am	Pump/Fusion Aerobics Room 5:30 am - 6:30 am	Group Cycling Cycling Room 5:30am-6:15am	Les Mills Body Pump Aerobics Room 5:30 am - 6:30 am	
	Yoga Room 1 6:15 am - 7:00 am		Yoga Room 1 6:15 am - 7:00 am		Yoga Room 1 6:15 am - 7:00 am	
	Group Cycle Cycling Room 8:30 am - 9:15 am	Kickboxing Aerobics Room 8:30 am - 9:30 am	Chair Yoga Room 1 8:10 am - 8:55 am	Kickboxing Aerobics Room 8:30 am - 9:30 am	Pump/Fusion Aerobics Room 8:30 am - 9:30 am	
	Senior FIT Gym - West Court 9:00 am - 10:00 am	Senior FIT Gym - West Court 9:00 am - 10:00 am	Group Cycle Cycling Room 8:30 am - 9:15 am	Senior FIT Gym - West Court 9:00 am - 10:00 am	Group Cycle Cycling Room 8:30 am - 9:15 am	
			Fit Ball Fusion Aerobics Room 8:30 am - 9:30 am		Balance & Motion Room 1 9:00 am - 9:45am	H.I.I.T. Aerobics Room 9:00 am - 10:00 am
			Senior FIT Gym - West Court 9:00 am - 10:00 am			
			Power Pump Aerobics Room 9:45-10:30 am			
Pump/Fusion Aerobics Room 4:00 pm - 5:00 pm		Les Mills Body Pump Aerobics Room 4:30 pm - 5:30 pm		Les Mills Body Pump Aerobics Room 4:30 pm - 5:30 pm		
	Les Mills Body Pump Aerobics Room 5:30 pm - 6:30 pm	Yoga Room 1 5:30 pm - 6:16 pm	Les Mills Body Pump Aerobics Room 5:30 pm - 6:30 pm	Yoga Room 1 5:30 pm - 6:16 pm		
	Step 'N Sculpt Room 1 5:30 pm - 6:30 pm	Zumba Aerobics Room 5:45 pm - 6:30 pm	Step 'N Sculpt Room 1 5:30 pm - 6:30 pm	Zumba Aerobics Room 5:45 pm - 6:30 pm		
	Cycling Tabata Cycling Room 5:45 pm - 6:30 pm	Tabata Aerobics Room 6:45 pm - 7:30 pm		Tabata Aerobics Room 6:45 pm - 7:30 pm		

WATER CLASSES

	Aquatabata Pool 8:20 am-9:00 am	Deep Water Pool 8:00 am - 9:00 am	Aquatabata Pool 8:20 am-9:00 am	Deep Water Pool 8:00 am - 9:00 am	Aquatabata Pool 8:20 am-9:00 am	
	Aquacise Pool 10:30 am - 11:25 am	Sculpting Water Pool 9:15am-10:00 am		Sculpting Water Pool 9:15 am - 10:00 am		Aquafit Pool 8:30 am - 9:30 am
	AFYAP Pool 11:30 am - 12:00 pm		AFYAP Pool 11:30 am - 12:00 pm		AFYAP Pool 11:30 am - 12:00 pm	
	Aquatabata Pool 5:15pm - 5:55 pm		Aquatabata Pool 5:15pm - 5:55 pm			
	Sculpting Water Pool 6:00pm - 6:45pm		Sculpting Water Pool 6:00pm - 6:45pm			