

GROUP EXERCISE SCHEDULE Alief Family YMCA

Monday				Thursday			
8:00am-8:55am	Cardio Combo	Group Ex	Sandy C	9:00am-9:55am	Yoga	Group Ex	Sarika P
9:00am-9:55am	Yoga	Group Ex	Sarika P	10:00am-10:55am	Zumba®	Group Ex	Sandy C
10:00am-10:55am	PiYo™	Group Ex	Emily M	11:00am-11:55am	SilverSneakers® Classic	Group Ex	Sandy C
11:00am-11:55am	Active Older Adults Cardio	Group Ex	Melissa M (sub)	12:00pm-12:55pm	SilverSneakers® Yoga	Group Ex	Elaine R
5:00pm-5:55pm	Reformer Pilates	Group Ex	Sandy C	4:00pm-4:55pm	Pilates	Group Ex	Sandy C
6:00pm-6:55pm	Nightclub Cardio®	Group Ex	DeAnna M	5:00pm-5:55pm	Reformer Pilates	Group Ex	Sandy C
7:00pm-7:55pm	Cycle	Group Ex	Brenda S	6:00pm-6:55pm	Power Pump	Group Ex	Cortez H
8:00pm-8:55pm	Zumba® Toning		Rebeca B	7:00pm-7:55pm	Boot Camp	Field	Cortez H
Tuesday				Friday			
9:00am-9:55am	Pilates	Group Ex	Sandy C	9:00am-9:55am	Pilates	Group Ex	Sandy C
10:00am-10:55am	Zumba®	GYM	Thuy P	10:00am-10:55am	Zumba®		Sandy C (sub)
11:00am-11:55am	SilverSneakers® Classic	Group Ex	Sandy C	11:00am-11:55am	Active Older Adults Cardio	Group Ex	Melissa M
12:00pm-12:55pm	SilverSneakers® Yoga	Group Ex	Sandy C				
4:00pm-4:55pm	Pilates	Group Ex	Sandy C				
6:00pm-6:45pm	Cycle	Group Ex	Cortez H				
7:00pm-7:55pm	Boot Camp	Field	Cortez H				
Wednesday				Saturday			
8:00am-8:55am	Cardio Combo	Group Ex	Sandy C	9:00am-9:55am	STRONG by Zumba®	Group Ex	Rebeca B
9:00am-9:55am	Zumba®	group ex room...	Sandy C	10:00am-10:55am	Zumba® Toning	Group Ex	Rebeca B
11:00am-11:55am	Active Older Adults Cardio	Group Ex	Elaine R	11:00am-11:55am	Zumba®	Group Ex	Thuy P
6:00pm-6:55pm	U-Jam	group ex room...	Bonita B				
7:00pm-7:55pm	Cycle	Group Ex	Cynthia H				
8:00pm-8:55pm	Zumba®	Group Ex	Rebeca B				
Sunday							

NOTE: Class cancellations may not show on downloaded PDF schedule. Please check the website for up-to-date information.