



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE SCHEDULE Tellepsen Family Downtown YMCA

Monday				Thursday			
5:15am-6:10am	Cardio Strength Interval (C...	Room 1	Judy R	5:45am-6:40am	BODYPUMP™	Room 1	Cyriaque M
6:00am-6:55am	Cycle	Cycle Room	Thomas E	6:00am-6:45am	Cycle	Cycle Room	Kathleen S
6:30am-7:00am	TRX®	TRX Room	Artheria B	6:50am-7:15am	Strong Core	Room 1	Kathleen S
9:15am-10:10am	Tai Chi	Room 2	Mary F	7:00am-7:55am	Yoga	Yoga Room	Dana (sub)
9:30am-10:25am	BODYFLOW™	Yoga Room	Dana	9:00am-9:55am	H2O Combo	Lap Pool	Nelly C
9:30am-10:30am	H2O Combo	Lap Pool	Mona P	9:15am-10:00am	SilverSneakers® Classic	Room 1	Mary E
9:45am-10:40am	BODYPUMP™	Room 1	Michelle	9:30am-10:15am	Cardio Strength Interval (C...	Room 3	Arielle M
10:15am-11:00am	SilverSneakers® Classic	Room 2	Willard M	10:05am-10:35am	Active Older Adults Yoga	Room 1	Dana (sub)
11:15am-12:10pm	BODYATTACK™	Room 1	Sabrina J	11:15am-12:00pm	BODYJAM™	Room 2	Chari T
11:15am-12:00pm	Cycle	Cycle Room	Katherine M	11:15am-12:10pm	BODYSTEP™	Room 3	John D
11:15am-12:00pm	Mat Pilates	Yoga Room	Tomoko K	11:15am-12:00pm	Cardio Strength Interval (C...	Room 1	Katherine M
11:15am-12:00pm	SH'BAM™	Room 2	Danica J	11:15am-12:10pm	Cycle	Cycle Room	Thomas E
12:15pm-1:10pm	BODYPUMP™	Room 1	Sabrina J	11:15am-12:00pm	TRX®	TRX Room	Kathleen S
12:15pm-12:45pm	CXWORX™	Room 2	Michelle	11:15am-12:10pm	Yoga	Yoga Room	Sharon K
12:15pm-12:45pm	TRX®	TRX Room	Judy R	12:15pm-1:00pm	BODYCOMBAT™	Room 2	Stella S
1:00pm-1:45pm	Barre Workout	Room 3	Leanna S	12:15pm-1:10pm	BODYPUMP™	Room 1	Emilia F
4:30pm-5:25pm	BODYPUMP™	Room 1	James W	12:15pm-12:45pm	TRX®	TRX Room	Artheria B
4:30pm-5:15pm	TRX®	TRX Room	Artheria B	1:00pm-1:55pm	Barre Workout	Room 3	Gustavo V
5:30pm-6:20pm	Cycle	Cycle Room	Lisa H (sub)	4:15pm-5:10pm	BODYPUMP™	Room 1	Michelle
5:30pm-6:25pm	Flexibility/Stretch	Yoga Room	Karen H	4:30pm-5:25pm	TRX®	Yoga Room	Dana
5:30pm-6:00pm	TRX®	TRX Room	Artheria B	5:15pm-6:05pm	Cardio Strength Interval (C...	Room 1	Michelle
5:30pm-6:25pm	Zumba®	Room 1	Katelin R	5:30pm-6:15pm	RPM™	Cycle Room	Carlos B (sub)
6:05pm-6:35pm	TRX®	TRX Room	Artheria B	5:45pm-6:25pm	Yoga	Yoga Room	Dana
6:15pm-6:40pm	Strong Core	Room 2	Charles W	5:50pm-6:40pm	BODYJAM™	Room 3	Jessica D
6:30pm-7:25pm	BODYPUMP™	Room 1	Katie B	6:00pm-6:55pm	BODYATTACK™	Room 2	Yahudi D
6:30pm-7:15pm	RPM™	Cycle Room	Ashley V	6:15pm-7:10pm	BODYPUMP™	Room 1	Jian S
6:30pm-8:00pm	Yoga	Yoga Room	Tomoko K (sub)	6:30pm-7:30pm	Shallow Water Exercise	Therapy Pool	Brenda S
6:30pm-7:30pm	H2O Combo	Lap Pool	Mary E	7:25pm-8:20pm	Tabata Training	Room 1	Judy R
6:45pm-7:40pm	Kickboxing	Room 2	Charles W				
7:00pm-7:55pm	BODYATTACK™	Room 3	Eric M				
Tuesday				Friday			
5:45am-6:40am	BODYPUMP™	Room 1	Alison N	5:15am-6:10am	Cardio Strength Interval (C...	Room 1	Jihan C
6:00am-6:45am	Cycle	Cycle Room	Jessica D (sub)	6:00am-6:55am	Cycle	Cycle Room	Thomas E
7:00am-7:55am	Yoga	Yoga Room	Dana	6:30am-7:00am	TRX®	TRX Room	Jihan C
9:00am-9:55am	H2O Combo	Lap Pool	Nelly C	9:15am-10:00am	SilverSneakers® Classic	Room 2	Willard M
9:15am-10:00am	SilverSneakers® Classic	Room 1	Mary E	9:30am-10:25am	Yoga	Room 3	Sandra G (sub)
9:30am-10:15am	Cardio Strength Interval (C...	Room 3	Arielle M	9:30am-10:25am	H2O Combo	Lap Pool	Eva G
9:30am-10:25am	Yoga	Yoga Room	Dana	9:45am-10:40am	BODYATTACK™	Room 1	Emilia F
11:15am-12:00pm	Boot Camp	TRX Room	Michelle	10:05am-10:55am	SilverSneakers® Yoga	Room 2	Willard M
11:15am-12:00pm	Cardio Strength Interval (C...	Room 1	Judy R (sub)	11:15am-12:10pm	BODYPUMP™	Room 1	Amber M
11:15am-12:10pm	Cycle	Cycle Room	Kathleen S	11:15am-12:00pm	Mat Pilates	Yoga Room	John D
11:15am-12:10pm	Yoga	Yoga Room	Sharon K	11:15am-12:10pm	Nightclub Cardio®	Room 2	Kelli G
11:15am-12:00pm	Zumba®	Room 2	Mary M	11:15am-12:00pm	RPM™	Cycle Room	Sandra G (sub)
12:15pm-1:10pm	BODYCOMBAT™	Room 2	Stella S	11:15am-12:10pm	Zumba®	Room 2	Mary M
12:15pm-1:10pm	BODYPUMP™	Room 1	Michelle	12:15pm-1:10pm	BODYFLOW™	Yoga Room	John D
4:15pm-5:10pm	BODYPUMP™	Room 1	Michelle	12:15pm-1:00pm	TRX®	TRX Room	Artheria B
4:30pm-5:00pm	Strong Core	Room 2	Charles W	12:25pm-1:20pm	Cardio Strength Interval (C...	Room 1	Judy R
4:30pm-5:25pm	Yoga	Yoga Room	Karen H	5:15pm-6:10pm	BODYPUMP™	Room 1	David K
4:45pm-5:40pm	BODYSTEP™	Room 3	Micki (	5:30pm-6:25pm	Barre Workout	Room 3	Gustavo V
5:15pm-6:05pm	Cardio Strength Interval (C...	Room 1	Charles W				
5:30pm-6:25pm	BODYFLOW™	Yoga Room	Alison N				
5:30pm-6:15pm	RPM™	Cycle Studio	Carlos B				
5:30pm-6:00pm	TRX®	TRX Room	Artheria B				
5:45pm-6:40pm	BODYJAM™	Room 3	Amanda B				
5:45pm-6:15pm	CXWORX™	Room 2	Karina P				
6:10pm-6:55pm	TRX®	TRX Room	Artheria B				
6:15pm-7:10pm	BODYPUMP™	Room 1	Katherine M (sub)				
6:30pm-7:15pm	BODYATTACK™	Room 2	Karina P				
6:30pm-7:25pm	Mat Pilates	Yoga Room	Mona P				
6:30pm-7:25pm	RPM™	Cycle Room	Carlos B				
7:00pm-7:55pm	Barre Workout	Room 3	Amanda B				
7:15pm-8:10pm	BODYPUMP™	Room 1	Ashley V				
Wednesday				Saturday			
5:15am-6:10am	Cardio Strength Interval (C...	Room 1	Jihan C	8:30am-9:25am	BODYATTACK™	Room 1	Karina P
6:00am-6:55am	BODYFLOW™	Yoga Room	Alison N	8:30am-9:15am	RPM™	Cycle Room	Cyriaque M
6:00am-6:55am	Cycle	Cycle Room	Jessica D (sub)	8:30am-9:00am	TRX®	TRX Room	Judy R
9:15am-10:00am	Tai Chi	(Beginner) Yo...	Catherine G	8:30am-10:00am	Yoga	Yoga Room	Sharon K
9:15am-10:10am	Tai Chi	Room 2	Gustavo V	9:05am-9:35am	TRX®	TRX Room	Judy R
9:30am-10:25am	Yoga	Room 3	Arielle M (sub)	9:30am-10:25am	Cardio Strength Interval (C...	Room 3	Karina P
9:30am-10:30am	H2O Combo	Lap Pool	Mona P	9:30am-10:15am	RPM™	Cycle Room	Ashley V
9:45am-10:40am	BODYPUMP™	Room 1	Karina P	9:35am-10:30am	BODYPUMP™	Room 1	Cyriaque M
11:00am-11:55am	BODYFLOW™	Yoga Room	Cynthia N	9:45am-10:15am	TRX®	TRX Room	Kathleen S
11:15am-12:10pm	BODYATTACK™	Room 1	Jian S	10:20am-10:50am	TRX®	TRX Room	Kathleen S
11:15am-12:00pm	Cycle	Cycle Room	Steven T	10:30am-11:25am	BODYFLOW™	Yoga Room	Dana
11:15am-12:05pm	Nightclub Cardio®	Room 2	Kelli G	10:30am-11:15am	Cycle	Cycle Room	Ashley V
11:40am-12:10pm	TRX®	TRX Room	Leanna S	10:30am-11:25am	H2O Combo	Lap Pool	Nelly C
12:15pm-1:00pm	Barre Workout	Room 3	Gustavo V	10:30am-11:25am	STRONG by Zumba®	Room 2	Katelin R
12:15pm-1:10pm	BODYPUMP™	Room 1	Amber M	10:45am-11:40am	Cardio Dance	Room 1	Karen H
12:15pm-12:45pm	TRX®	TRX Room	Artheria B	11:45am-12:40pm	BODYPUMP™	Room 1	Emilia F
12:15pm-1:10pm	Yoga	Yoga Room	Jessica G	12:00pm-12:55pm	Yoga	Yoga Room	Marti E
4:30pm-5:25pm	BODYPUMP™	Room 1	John D				
5:30pm-6:15pm	RPM™	Cycle Room	Lisa H (sub)				
5:30pm-6:25pm	Yoga	Room 3	Karen H (sub)				
5:30pm-6:25pm	Zumba®	Room 1	Katelin R				
Sunday				Sunday			
				10:15am-11:00am	RPM™	Cycle Room	Jessica D
				10:15am-11:10am	Yoga	Room 2	Arielle M

6:15pm-6:40pm	Strong Core	Room 2	Charles W	10:15am-11:10am	Yoga	Room 3	Arielle M
6:30pm-7:25pm	BODYPUMP™	Room 1	Sabrina J	10:20am-11:15am	Step	Room 1	John D
6:30pm-7:15pm	RPM™	Cycle Room	Dena S	11:15am-12:00pm	RPM™	Cycle Room	Carlos B
6:30pm-7:25pm	SH'BAM™	Room 3	Yahudi D	11:20am-12:15pm	BODYPUMP™	Room 1	Lisa C
6:45pm-7:40pm	Kickboxing	Room 2	Charles W	11:40am-12:35pm	Mat Pilates	Room 3	John D
6:45pm-8:00pm	Yoga	Yoga Room	Tomoko K (sub)	12:30pm-1:15pm	BODYATTACK™	Room 1	Emilia F
7:40pm-6:00pm	CXWORX™	Room 1	Sabrina J	1:30pm-2:25pm	BODYPUMP™	Room 1	Amber M
				2:00pm-2:55pm	Yoga	Yoga Room	Karen H

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