

GROUP EXERCISE SCHEDULE

Trotter Family YMCA

Monday				Thursday			
5:30am-6:25am	Boot Camp	Lobby	Tony L	5:30am-6:25am	Boot Camp	Lobby	Juan J
5:45am-6:40am	BODYPUMP™	Studio 3	Chris G	5:45am-6:40am	Cycle All Terrain	Cycle Studio	James H
8:00am-8:55am	Yoga	Multi Purpose...	Sofia A	8:30am-9:25am	Abs/Core	Great Room	Cindy W (sub)
8:30am-9:25am	BODYCOMBAT™	Studio 3	Rocky R	8:30am-9:25am	BODYPUMP™	Studio 3	Christene G
8:30am-9:25am	Boot Camp	Lobby	Richard J	8:30am-9:25am	BODYVIVE™	Studio 2	Shan N
8:30am-9:25am	Cardio Mix	Great Room	Cindy W	8:45am-9:40am	Yoga	Multi Purpose...	Sofia A
8:30am-9:25am	Cycle Time Trial	Cycle Studio	Erin D	9:00am-9:55am	Deep Water Exercise	Lap Pool	Jihan C
8:30am-9:25am	High Intensity Interval Tra...	Studio 2	Laura W	9:30am-10:25am	BODYATTACK™	Great Room	Sabrina J
9:00am-9:55am	H2O Combo	Lap Pool	Everli P	9:30am-10:25am	Cycle Latin Infused	Cycle Studio	Rachell L
9:30am-10:25am	BODYPUMP™	Studio 3	Evan S (sub)	9:30am-10:25am	Low Impact Cardio	Studio 3	Chris J
9:30am-10:25am	Flexibility/Stretch	Great Room	Richard J	9:30am-10:15am	TRX®	TRX Studio	Artheria B
9:30am-10:25am	Active Older Adults Cardio	Studio 2	Jihan C (sub)	9:45am-10:40am	Yoga	Multi Purpose...	Sofia A
9:30am-10:25am	SilverSneakers® Classic	Multi Purpose...	Cindy W	10:30am-11:25am	BODYFLOW™	Studio 2	Stella S
10:30am-11:25am	Mat Pilates	Studio 2	Cindy W	10:30am-11:25am	SH'BAM™	Great Room	Danica J
10:30am-11:25am	Zumba®	Great Room	Elisa V	10:30am-11:25am	TRX®	TRX Studio	Paige K
10:45am-11:40am	Yoga	Multi Purpose...	Polly P	11:00am-11:55am	SilverSneakers® Classic	Multi Purpose...	Adele O
12:00pm-12:55pm	Adaptive Adult Yoga	Multi Purpose...	Penny W	11:15am-11:45am	GRIT Series™	Studio 3	Rachel S
12:00pm-12:55pm	Cycle All Terrain	Cycle Studio	Maria H	11:30am-12:00pm	POUND®	Great Room	Lisa C
12:00pm-1:15pm	Tai Chi	Great Room	Edward W	12:00pm-12:55pm	BODYPUMP™	Studio 3	Clifford P (sub)
12:00pm-12:45pm	BODYATTACK™ Express	Studio 3	Laura W (sub)	12:00pm-12:30pm	SPRINT™	Cycle Studio	Rachel S
4:30pm-5:15pm	BODYVIVE™	Studio 3	Elizabeth M	4:30pm-5:25pm	BODYPUMP™	Studio 3	Elizabeth M
5:30pm-6:25pm	BODYPUMP™	Studio 3	Jian S	5:00pm-5:55pm	BODYFLOW™	Studio 2	Amy C
5:30pm-6:25pm	RPM™	Cycle Studio	Monica W	5:30pm-6:00pm	CXWORX™	Studio 3	Monica W
5:45pm-6:40pm	Yoga	Multi Purpose...	Penny W	5:30pm-6:25pm	Cycle All Terrain	Cycle Studio	Erin D
6:00pm-6:55pm	BODYJAM™	Studio 2	Amanda B	6:00pm-6:55pm	BODYSTEP™	Studio 3	Kelsey W
6:00pm-6:30pm	GRIT Series™	TRX Studio	Dana	6:00pm-6:55pm	Boot Camp	Pavilion	Zachary T
6:30pm-7:25pm	BODYATTACK™	Studio 3	Jian S	6:00pm-6:55pm	Nightclub Cardio®	Studio 2	Teri G
6:30pm-7:00pm	SPRINT™	Cycle Studio	Adrian H	6:30pm-7:25pm	Cycle Race Day	Cycle Studio	Erin D
				6:30pm-7:25pm	Yoga	Multi Purpose...	Sofia A
				6:30pm-8:00pm	Masters Swim	Lap Pool	Mark H
				6:45pm-7:45pm	TRX®	TRX Studio	Artheria B
				7:00pm-7:55pm	BODYPUMP™	Studio 3	Clifford P
Tuesday				Friday			
5:30am-6:25am	Boot Camp	Lobby	Juan J	5:30am-6:25am	Boot Camp	Lobby	Tony L
5:45am-6:40am	Cycle All Terrain	Cycle Studio	Meredyth H	5:45am-6:40am	BODYPUMP™	Studio 3	Gary T
8:30am-9:25am	Abs/Core	Great Room	Laura W	8:15am-9:10am	Yoga	Multi Purpose...	Sofia A
8:30am-9:25am	BODYPUMP™	Studio 3	Emilia F	8:30am-9:25am	BODYCOMBAT™	Studio 3	Rachel S
8:30am-9:25am	BODYVIVE™	Studio 2	Monica W	8:30am-9:25am	Boot Camp	Lobby	Richard J
8:45am-9:40am	Yoga	Multi Purpose...	MaryRo F	8:30am-9:25am	Cycle Race Day	Cycle Studio	Maria H
9:00am-9:55am	Deep Water Exercise	Lap Pool	Jihan C	8:30am-9:25am	Low Impact Cardio	Studio 2	Cindy W
9:30am-10:25am	BODYATTACK™	Great Room	Laura W	8:30am-9:25am	Zumba Gold®	Great Room	Mimi B
9:30am-10:25am	Cycle Latin Infused	Cycle Studio	Rachell L	9:00am-9:55am	H2O Combo	Lap Pool	Olivia K
9:30am-10:25am	Low Impact Cardio	Studio 3	Chris J	9:30am-10:25am	BODYPUMP™	Studio 3	Rachel S
9:30am-10:15am	TRX®	TRX Studio	Artheria B	9:30am-10:25am	Flexibility/Stretch	Great Room	Richard J
9:45am-10:40am	Yoga	Multi Purpose...	Melissa A	9:30am-10:25am	Active Older Adults Cardio	Studio 2	Cindy W
10:00am-10:55am	Adaptive Water Exercise	Lap Pool	Jihan C	9:30am-10:25am	SilverSneakers® Classic	Multi Purpose...	Adele O
10:30am-11:25am	BODYFLOW™	Studio 2	Tomoko K (sub)	10:30am-11:25pm	Mat Pilates	Studio 2	Rachel G
10:30am-11:25am	SH'BAM™	Great Room	Danica J	10:30am-11:25am	Zumba®	Great Room	Mimi B (sub)
10:30am-11:25am	TRX®	TRX Studio	Paige K	10:45am-11:40am	Yoga	Multi Purpose...	Polly P
11:00am-11:55am	SilverSneakers® Classic	Multi Purpose...	Adele O	12:00pm-12:55pm	RPM™	Cycle Studio	Rachel S
11:15am-11:45am	GRIT Series™	Studio 3	Arielle M	12:00pm-12:45pm	SH'BAM™	Studio 3	Kris W
11:30am-12:00pm	POUND®	Great Room	Lisa C	12:00pm-1:15pm	Tai Chi	Great Room	Edward W
12:00pm-12:55pm	BODYPUMP™	Studio 3	Christene G (sub)	12:00pm-12:55pm	Yoga	Multi Purpose...	Sofia A
12:00pm-12:55pm	Cycle	Cycle Studio	Erin D	1:00pm-1:55pm	Adaptive Adult Yoga	Multi Purpose...	Sofia A
12:15pm-1:10pm	Yoga	Multi Purpose...	Christianne M	5:30pm-6:25pm	BODYATTACK™	Studio 3	Jose E
4:30pm-5:25pm	BODYPUMP™	Studio 3	Elizabeth M	6:30pm-7:25pm	Zumba®	Studio 3	Vanessa S
5:00pm-5:55pm	BODYFLOW™	Great Room	Sabrina J				
5:30pm-6:00pm	CXWORX™	Studio 3	Amy C				
5:30pm-6:25pm	RPM™	Cycle Studio	Cyriaque M				
6:00pm-6:55pm	BODYSTEP™	Studio 3	Yahudi D				
6:00pm-6:55pm	Boot Camp	Pavilion	Sabrina J				
6:00pm-6:55pm	SH'BAM™	Studio 2	Rae S				
6:30pm-7:25pm	Cycle Race Day	Cycle Studio	Don B				
6:30pm-7:25pm	Yoga	Multi Purpose...	Sofia A				
6:30pm-8:00pm	Masters Swim	Lap Pool	Mark H				
6:45pm-7:30pm	TRX®	TRX Studio	Matt N				
7:00pm-7:55pm	BODYPUMP™	Studio 3	Gary T (sub)				
Wednesday				Saturday			
5:30am-6:25am	Boot Camp	Lobby	Tony L	8:00am-8:55am	BODYVIVE™	Studio 3	Elizabeth M
5:45am-6:40am	BODYPUMP™	Studio 3	Gary T	8:00am-9:15am	Yoga	Great Room	Katherine K
5:45am-6:40am	RPM™	Cycle Studio	Laura L	8:15am-9:10am	Cycle All Terrain	Cycle Studio	Hans S
8:00am-8:55am	Yoga	Multi Purpose...	Sofia A	8:30am-10:00am	Masters Swim	Lap Pool	Mark H
8:30am-9:25am	BODYCOMBAT™	Studio 3	Christene G	9:00am-9:55am	BODYPUMP™	Studio 3	Monica W
8:30am-9:25am	Boot Camp	Lobby	Richard J	9:00am-9:55am	Cardio Combo	Studio 2	Chris J
8:30am-9:25am	Low Impact Cardio	Studio 2	Cindy W	9:00am-9:55am	Deep Water Exercise	Lap Pool	Jihan C
8:30am-9:25am	RPM™	Cycle Studio	Erin D (sub)	9:30am-10:25am	RPM™	Cycle Studio	Don B
8:30am-9:25am	SH'BAM™	Great Room	Danica J	9:30am-10:40am	Yoga	Multi Purpose...	Katherine K
9:00am-9:55am	H2O Combo	Lap Pool	Mary E	10:00am-10:55am	BODYCOMBAT™	Studio 3	Michelle
9:30am-10:25am	BODYPUMP™	Studio 3	Christene G (sub)	10:00am-10:55am	BODYSTEP™	Studio 2	Monica W
9:30am-10:25am	Tai Chi	Great Room	Edward W	10:30am-11:25am	Cycle All Terrain	Cycle Studio	Pete C
9:30am-10:25am	Active Older Adults Cardio	Studio 2	Cindy W	10:30am-10:55am	TRX®	TRX Studio	Jihan C
9:30am-10:25am	SilverSneakers® Classic	Multi Purpose...	Mimi B	10:45am-11:45am	Mat Pilates	Multi Purpose...	Cindy M
10:30am-11:25am	Mat Pilates	Studio 2	Rachel G	11:00am-11:55am	BODYFLOW™	Studio 3	Amy C
10:30am-11:25am	Zumba®	Great Room	Claudia S (sub)	11:00am-11:25am	TRX®	TRX Studio	Jihan C
10:30am-11:25am	Zumba Gold®	Studio 3	Mimi B	11:00am-11:55am	Zumba®	Great Room	Vanessa S
10:45am-11:40am	Yoga	Multi Purpose...	Sofia A	11:30am-11:55am	TRX®	TRX Studio	Jihan C
12:00pm-12:45pm	BODYCOMBAT™	Studio 3	Stella S	12:00pm-12:55pm	BODYPUMP™	Studio 3	Clifford P
12:00pm-12:55pm	Cycle All Terrain	Cycle Studio	Jihan C	12:00pm-12:55pm	SH'BAM™	Great Room	Susan M
12:00pm-12:55pm	Flexibility/Stretch	Great Room	Richard J				

12:00pm-12:55pm	Yoga	Multi Purpose...	Christianne M
4:30pm-5:15pm	BODYVIVE™	Studio 3	Elizabeth M
5:00pm-5:55pm	Mat Pilates	Studio 2	Carol L
5:30pm-6:25pm	BODYPUMP™	Studio 3	Michelle
5:30pm-6:25pm	Cycle All Terrain	Cycle Studio	Don B
5:45pm-6:40pm	Yoga	Multi Purpose...	Penny W
6:00pm-6:30pm	GRIT Series™	TRX Studio	Dana
6:00pm-6:55pm	Zumba®	Studio 2	Victor C
6:30pm-7:25pm	BODYCOMBAT™	Studio 3	Michelle
6:30pm-7:00pm	SPRINT™	Cycle Studio	Adrian H

Sunday			
10:15am-11:30am	Yoga	Multi Purpose...	CJ L
10:30am-12:00pm	Cycle All Terrain	Cycle Studio	Barbara D
11:45am-1:00pm	Yoga	Multi Purpose...	MaryRo F
3:00pm-3:55pm	BODYCOMBAT™	Great Room	Rocky R
4:00pm-4:55pm	BODYPUMP™	Studio 3	Elizabeth M
5:00pm-5:55pm	RPM™	Cycle Studio	Lisa H