



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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	Laura W
8:30am-9:25am	BODYCOMBAT™	Studio 3	Rocky R	8:30am-9:25am	BODYPUMP™	Studio 3	Paula A
8:30am-9:25am	Boot Camp	Lobby	Richard J	8:30am-9:25am	Les Mills Tone™	Studio 2	Elizabeth M
8:30am-9:25am	Cardio Mix	Great Room	Chris J	8:45am-9:40am	Yoga	Multi Purpose...	Sofia A
8:30am-9:25am	Cycle Time Trial	Cycle Studio	Jeff K	9:00am-9:55am	Deep Water Exercise	Lap Pool	Leslie A
8:30am-9:25am	High Intensity Interval	Studio 2	Laura W	9:30am-10:25am	BODYATTACK™	Great Room	Laura W (sub)
	Tra...			9:30am-10:25am	Cycle Latin Infused	Cycle Studio	Rachell L
9:00am-9:55am	H2O Combo	Lap Pool	Everli P	9:30am-10:25am	Low Impact Cardio	Studio 3	Cindy W (sub)
9:30am-10:25am	BODYPUMP™	Studio 3	Emilia F	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...	Sofia A
9:30am-10:25am	Active Older Adults Cardio	Studio 2	Chris J	10:30am-11:25am	BODYFLOW™	Studio 2	Stella S
9:30am-10:25am	SilverSneakers® Classic	Multi Purpose...	Adele O (sub)	10:30am-11:25am	SH'BAM™	Great Room	Danica J
10:30am-11:25am	Mat Pilates	Studio 2	Artheria B (sub)	10:30am-11:25am	TRX®	TRX Studio	Artheria B (sub)
10:30am-11:25am	Zumba®	Great Room	Chynthia N	11:00am-11:55am	SilverSneakers® Classic	Multi Purpose...	Adele O
10:45am-11:40am	Yin Yoga Therapy/Deep	Multi Purpose...	Polly C	11:15am-11:45am	GRIT Series™	Studio 3	Rachel S
	Stret...			11:30am-12:00pm	POUND®	Great Room	Lisa C
12:00pm-12:55pm	Adaptive Adult Yoga	Multi Purpose ...	Polly C	12:00pm-12:55pm	BODYPUMP™	Studio 3	Monica W (sub)
12:00pm-12:55pm	Cycle All Terrain	Cycle Studio	Maria H	12:00pm-12:30pm	SPRINT™	Cycle Studio	Rachel S
12:00pm-1:15pm	Tai Chi	Great Room	Edward W	4:30pm-5:25pm	BODYPUMP™	Studio 3	Elizabeth M
12:00pm-12:45pm	BODYATTACK™ Express	Studio 3	Meredith B	5:00pm-5:55pm	BODYFLOW™	Studio 2	Amy C (sub)
4:30pm-5:15pm	Les Mills Tone™	Studio 3	Elizabeth M	5:30pm-6:00pm	CXWORX™	Studio 3	Monica W
5:30pm-6:25pm	BODYPUMP™	Studio 3	Jian S	5:30pm-6:25pm	Cycle All Terrain	Cycle Studio	Jeff K
5:30pm-6:25pm	RPM™	Cycle Studio	Monica W	6:00pm-6:55pm	BODYSTEP™	Studio 3	Nick C (sub)
5:45pm-6:40pm	Gentle Yoga	Multi Purpose...	Penny W	6:00pm-6:55pm	Nightclub Cardio®	Studio 2	Teri G
6:00pm-6:55pm	BODYJAM™	Studio 2	Amy C (sub)	6:30pm-7:25pm	Yoga Vinyasa	Multi Purpose...	Christina L
6:00pm-6:30pm	GRIT Series™	TRX Studio	Dana	6:30pm-8:00pm	Masters Swim	Lap Pool	Mark H
6:30pm-7:25pm	BODYATTACK™	Studio 3	Jian S	6:45pm-7:45pm	TRX®	TRX Studio	Artheria B
6:30pm-7:00pm	SPRINT™	Cycle Studio	Nick C (sub)	7:00pm-7:55pm	BODYPUMP™	Studio 3	Nick C (sub)

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	Jose E (sub)
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	Les Mills Tone™	Studio 2	Monica W	8:30am-9:25am	Boot Camp	Lobby	Richard J
8:45am-9:40am	Gentle Yoga	Multi Purpose...	Shan N (sub)	8:30am-9:25am	Cycle Race Day	Cycle Studio	Jeff K
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	Elizabeth M (sub)	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	Power Yoga	Multi Purpose...	Erika M (sub)	9:30am-10:25am	Active Older Adults Cardio	Studio 2	Cindy W
10:30am-11:25am	BODYFLOW™	Studio 2	Amanda B	9:30am-10:25am	SilverSneakers® Classic	Multi Purpose...	Adele O
10:30am-11:25am	SH'BAM™	Great Room	Danica J	10:30am-11:25pm	Mat Pilates	Studio 2	Rachel G
10:30am-11:25am	TRX®	TRX Studio	Artheria B (sub)	10:30am-11:25am	Zumba®	Great Room	Dahlya B
11:00am-11:55am	SilverSneakers® Classic	Multi Purpose...	Adele O	10:45am-11:40am	Yoga Vinyasa	Multi Purpose...	Polly C
11:15am-11:45am	GRIT Series™	Studio 3	Arielle M	12:00pm-12:55pm	RPM™	Cycle Studio	Mike S
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	Deborah R	12:00pm-12:55pm	Yoga	Multi Purpose...	Sofia A
12:00pm-12:30pm	SPRINT™	Cycle Studio	Nick C	5:30pm-6:25pm	BODYATTACK™	Great Room	Jose E
12:15pm-1:10pm	Yoga Holistic	Multi Purpose...	Christianne M	6:30pm-7:25pm	Zumba®	Studio 3	Vanessa S
4:30pm-5:25pm	BODYPUMP™	Studio 3	Elizabeth M				
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	Danielle G				
6:00pm-6:55pm	BODYSTEP™	Studio 3	Jian S				
6:00pm-6:55pm	Boot Camp	Pavilion	Sabrina J				
6:00pm-6:55pm	SH'BAM™	Studio 2	Rae S				
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	Meredith B				

Wednesday				Saturday			
5:30am-6:25am	Boot Camp	Lobby	Tony L	8:00am-9:15am	Gentle Yoga	Great Room	Duane H
5:45am-6:40am	BODYPUMP™	Studio 3	Nick C (sub)	8:00am-8:55am	Les Mills Tone™	Studio 3	Tomoko K (sub)
5:45am-6:40am	RPM™	Cycle Studio	Laura L	8:15am-9:10am	Cycle All Terrain	Cycle Studio	Pete C (sub)
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	Cardio Combo	Studio 2	Debbie H
8:30am-9:25am	RPM™	Cycle Studio	Rachell S	9:00am-9:55am	Deep Water Exercise	Lap Pool	Jihan C
8:30am-9:25am	SH'BAM™	Great Room	Danica J	9:30am-10:25am	RPM™	Cycle Studio	Lisa H (sub)
9:00am-9:55am	H2O Combo	Lap Pool	Mary E	9:30am-10:40am	Yoga Flow	Multi Purpose...	Duane H
9:30am-10:25am	BODYPUMP™	Studio 3	Rachel S	10:00am-10:55am	BODYCOMBAT™	Studio 3	Michelle
9:30am-10:25am	Tai Chi	Great Room	Edward W	10:00am-10:55am	BODYSTEP™	Studio 2	Monica W
9:30am-10:25am	Active Older Adults Cardio	Studio 2	Cindy W	10:30am-11:25am	Cycle All Terrain	Cycle Studio	Pete C
9:30am-10:25am	SilverSneakers® Classic	Multi Purpose...	Mimi B	10:30am-10:55am	TRX®	TRX Studio	Jihan C
10:30am-11:25am	Mat Pilates	Studio 2	Rachel G	10:45am-11:45am	Mat Pilates	Multi Purpose...	Cindy M
10:30am-11:25am	Zumba®	Great Room	Remona (11:00am-11:55am	BODYFLOW™	Studio 3	Amy C
10:30am-11:25am	Zumba Gold®	Studio 3	Mimi B	11:00am-11:55am	TRX®	TRX Studio	Jihan C
10:45am-11:40am	Yoga	Multi Purpose...	Sofia A	11:00am-11:55am	Zumba®	Great Room	Vanessa S
12:00pm-12:45pm	BODYCOMBAT™	Studio 3	Stella S	12:00pm-12:55pm	BODYPUMP™	Studio 3	Deborah R (sub)
12:00pm-12:55pm	Cycle All Terrain	Cycle Studio	Debbie M	12:00pm-12:55pm	SH'BAM™	Great Room	Lisa C
12:00pm-12:55pm	Flexibility/Stretch	Great Room	Richard J				
12:00pm-12:55pm	Yoga Holistic	Multi Purpose...	Christianne M				
4:30pm-5:15pm	Les Mills Tone™	Studio 3	Elizabeth M				
5:00pm-5:55pm	Mat Pilates	Studio 2	Carol L				
5:30pm-6:25pm	BODYPUMP™	Studio 3	Michelle				

Sunday			
10:15am-11:30am	Gentle Yoga	Multi Purpose...	CJ L
10:30am-12:00pm	Cycle All Terrain	Cycle Studio	Pete C (sub)

5:30pm-6:25pm	Cycle All Terrain	Cycle Studio	Don B	11:45am-1:00pm	Gentle Yoga	Multi Purpose...	Mona P (sub)
5:45pm-6:40pm	Gentle Yoga	Multi Purpose...	Penny W	3:00pm-3:55pm	BODYCOMBAT™	Great Room	Paula A
6:00pm-6:30pm	GRIT Series™	TRX Studio	Dana	4:00pm-4:55pm	BODYPUMP™	Studio 3	Elizabeth M
6:00pm-6:55pm	Zumba®	Studio 2	Victor C	5:00pm-5:55pm	RPM™	Cycle Studio	David D
6:30pm-7:25pm	BODYCOMBAT™	Studio 3	Michelle				
6:30pm-7:00pm	SPRINT™	Cycle Studio	Nick C				

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