



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YMCA OF NORTHERN ROCK COUNTY • JULY 6 - AUGUST 22

JANESVILLE Y

PARKER Y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
5:15A-6:15A RIPPED Trudy Gym	5:15A-6:00A Group Power Express® Josh S. Studio B	5:15A-6:15A RIPPED Trudy Gym	5:15A-6:15A Group Power® Jana Studio B		Starts 7/18 with a new LAUNCH! 8:00A-9:00A Group Power® Rotation Studio B
5:15A-6:15A Cycling Julie St./Amanda W Cycle Studio		5:15A-6:15A Cycling Julie St./Amanda W Cycle Studio	5:15A-6:00A Cycling Amanda R. Gym	5:15A-6:15A Cycling Julie St./Amanda W. Cycle Studio	
7:00A-8:00A Group Power® Andrea Outside		6:20A-6:50A Morning Wake Up Yoga Amanda W. Studio B		8:00A-9:00A Low Impact Bootcamp Kelly M. Outside	9:00A-10:00A Zumba® Rotation Outside
8:00A-9:00A Senior Sculpt Kelly M. Outside	8:00A-9:00A Chair Yoga Kelly M. Outside	7:45A-8:30A Senior Cycle Rene Cycle Studio	8:00A-9:00A Chair Yoga Kelly M. Outside	8:30A-9:30A Friday Fever Rene Main Gym	
8:30A-9:30A Bootcamp Rene Outside	8:30A-9:30A Strength & Stretch Rene Main Gym	8:00A-9:00A Group Power® Andrea Outside	8:30A-9:30A Strength & Stretch Rene Main Gym/FB LIVE	8:30A-9:30A Bootcamp Jodeen Outside	
	9:45A-10:45A Flow Yoga Lin Studio B	8:45A-9:45A Chair Yoga Kelly M. Outside		9:15A-10:15A Chair Yoga Kelly M. Outside	<p>PLEASE NOTE:</p> <p>All other classes located outside will be relocated indoors with inclement weather</p> <p>Any outdoor classes using mats require members to BYOM (Bring Your Own Mat)</p> <p>Please see the desk or our website for all of our reservation policies.</p> <p>Look for the Facebook and Zoom icons for our classes that are also offered virtually!</p>
10:00A-11:00A SilverSneakers® Rene Main Gym		8:45A-9:30A Abs & Stretch Rene Studio B/FB LIVE		10:00A-11:00A SilverSneakers® Rene Main Gym	
LUNCH HOUR CLASSES					
	12:00P-12:45P Cycling Claudine Cycle Studio		12:00P-12:45P Cycling Claudine Gym		
EVENING CLASSES					
	5:30P-6:30P Cycling Road Trip Jodeen Gym	5:30P-6:30P Aqua Zumba® Diane Activity Pool	5:30P-6:30P Cycling Julie St. Gym	5:30P-6:30P Zumba® Amy/Diane/Kyoko Outside/ZOOM	
6:00P-7:00P Bootcamp Rene Outside	5:30P-6:30P Cycling Julie St. Cycle Studio	6:00P-7:00P Burpee Bootcamp Rene Outside	5:30P-6:30P Cycling Jessica Cycle Studio		
6:00P-7:00P Group Power® Alisa Studio B	5:30P-6:30P Zumba® Johnetta Studio B/ZOOM	6:00P-7:00P Group Power® Josh H. Studio B	5:30P-6:30P Activated Flow Yoga Sophie Outside		

