

GROUP EXERCISE SCHEDULE

STUDIO A & B

Spring 2018

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|
| 5:30 am | 5:30 am Body Pump Studio A | 5:30 am | 5:30 am Body Pump Studio A | 5:30 am Core Strength Studio A | |
| Cycling Studio B | | Cycling Studio B | | Cycling Studio B | |
| 8:30 am HIIT Studio A | 8:30 am Body Pump Studio A | 8:30 am TurboKick Studio A | 8:30 am Body Pump Studio A | 8:30 am HIIT Studio A | 8:30 am Body Pump Studio A |
| Yoga Studio B | Beginner Yoga Studio B | PiYo Studio B | Beginner Yoga Studio B | Core Strength Studio B | |
| 9:30 am TurboKick Studio A | 9:30 am Cardio 101 Studio A | 9:30 am Body Pump Studio A | 9:30 am Cardio Dance Party Studio A | 9:30 am Body Pump Studio A | |
| 9:45 am Silver Sneakers Classic Studio B | 9:45 am Silver Sneakers Yoga Studio B | 9:45 am Silver Sneakers Classic Studio B | 9:45 am Silver Sneakers Circuit Studio B | 9:45 am Silver Sneakers Classic Studio B | |
| | 11:30 am Cycle Express Studio B (30 Min) | | 11:30 am Cycle Express Studio B (30 Min) | | |
| 12:15 pm Body Pump Studio A (30 min) | 12:15 pm Cycle Express Studio B (30 min) | | 12:15 pm Cycle Express Studio B (30 min) | 12:15 pm Body Pump Studio A (30 min) | |
| 4:30 pm HIIT Studio A | 4:30 pm Cardio Dance Party Studio A | | 4:30 pm Body Pump Studio A | | |
| 5:30 pm Body Pump Studio A | 5:30 pm Turbo Kick Studio A | 5:30 pm Body Pump Studio A | 5:30 pm TurboKick Studio A | | |
| Cycling Studio B | Yoga (5:45) Studio B | Cycling Studio B | PiYo Studio B | | |
| 6:30 pm GX101 Studio A | 6:30 pm Body Pump Studio A | 6:30 pm | 6:30 pm Body Pump Studio A | | |
| Core Strength Studio B | | Core Strength Studio B | | | |

Denny Price Family YMCA

415 West Cherokee Enid, OK 73701

P 580 237 4645 F 580 237 7076 www.enidymca.org

4/1/2018