

GROUP EXERCISE SCHEDULE

STUDIO A & B

Spring 2019

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	Cycling Studio B	PiYo Studio B	Beginner Yoga Studio B	PiYo Studio B	
8:50 am Aqua Cardio Pool		8:50 am Aqua Cardio Pool	8:50 am Aqua Cardio Pool		
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	9:30am Family Yoga Studio B
9:45 am Silver Sneakers Classic Studio B	9:45 am Silver Sneakers Strength Studio B	9:45 am Silver Sneakers Classic Studio B	9:45 am Sillers Sneakers Strength Studio B	9:45 am Silver Sneakers Yoga Studio B	
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)	
1:00 pm Aqua Cardio Pool				1:00 pm Aqua Cardio Pool	
4:30 pm HIIT Studio A	4:30 pm P90X Studio A	4:30 pm HIIT Studio A	4:30 pm Body Pump Studio A		
5:30 pm Total Body Strength Studio A	5:30 pm Core de Force Studio A	5:30 pm Body Pump Studio A	5:30 pm TurboKick Studio A	5:30 pm Aqua Cardio Pool	
Cycling Studio B	Yoga Studio B	Cycling Studio B	Yoga Studio B		
6:00 pm Aqua Cardio Pool		6:00 pm Silver Sneakers Splash Pool			
6:30 pm	6:30pm Body Pump Studio A	6:30pm			
Core Strength Studio B		Core Strength Studio B			

Denny Price Family YMCA

415 West Cherokee Enid, OK 73701

P 580 237 4645 www.enidymca.org

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