

GROUP EXERCISE SCHEDULE

Fall 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am TRX *Class w/ fee	5:30 am Body Pump Studio A	5:30 am TRX *Class w/ fee	5:30 am Body Pump Studio A	5:30 am Yoga Studio A	
Cycle Studio B		Cycle Studio B		Cycle Studio B	
8:30 am HIIT Studio A	8:30 am Body Pump Studio A	8:30 am Turbo Kick 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	Cycle Studio B	PiYo Studio B	Beginner Yoga Studio B	PiYo Studio B	
	TRX *Class w/ fee		TRX *Class w/ fee		
8:50 am Aqua Cardio Pool		8:50 am Aqua Cardio Pool	8:50 am Aqua Cardio Pool		
9:30 am Turbo Kick Studio A	9:30 am HITT 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 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 Silvers Sneakers Strength Studio B	9:45 am Silver Sneakers Classic Studio B	
12:15 pm Body Pump Studio A (30 min)	12:15 pm Cycle Express Studio B (30 min)	12:15pm TRX *Class w/ fee	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 Total Body Mashup 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 Turbo Kick Express (30 min)	5:30 pm Aqua Cardio Pool	
PIYO Studio B	Yoga Studio B	Cycle Studio B	Yoga Studio B		
6:00 pm Aqua Cardio Pool		6:00 pm Silver Sneakers Splash Pool			
6:30 pm Cycle Express Studio B (30 min)		6:30pm PiYo Studio B			
	7:00 pm Body Pump Studio A				

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