

PENINSULA FAMILY YMCA GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	BOSU SPORT (G)	5:45AM CYCLE (S) 75 MIN	BODY SCULPT (G)	5:45AM CYCLE (S)			
7:15 AM		YOGA (S) 75 MIN		YOGA (S) 75 MIN			
8:00 AM						STEP THREE (S)	BOSU SPORT (G)
8:30 AM	CYCLE (S) DANCE AEROBICS (G)	STEP THREE(S) CARDIO KICK-BOX (G)	BOSU SPORT (G) DANCE AEROBICS (S)	CYCLE (S) CARDIO KICK-BOX (G)	PILATES (S) LATIN CARDIO (G)	DANCE AEROBICS (G)	
9:00 AM						YOGA (S)	COMBO (G)
9:30 AM	BODY SCULPT (S) BOSU SPORT (G)	BODY SCULPT (S) BOOT CAMP (G)	BODY SCULPT (S) LOW IMPACT CHALLENGE (G) 75 MIN	BODY SCULPT (S) PILATES (G)	BODY SCULPT (S) CARDIO KICKBOX CHALLENGE (G) 90 MIN	LATIN CARDIO (G)	CYCLE (S)
10:00 AM						BODY SCULPT (S)	CARDIO KICKBOX (G)
10:30 AM	STRETCH (S) 30 MIN	LOW IMPACT (S) PILATES (G)	STRETCH (S) 30 MIN	LOW IMPACT (S)	YOGA (S)	CARDIO KICKBOX (G)	BODY SCULPT (S) 75 MIN
11:00 AM	GENTLE AEROBICS (S)		GENTLE AEROBICS (S)			CYCLE (S)	STEP ONE (S) 45 MIN 11:45AM
12:00 PM	CARDIO CIRCUIT TRAINING (S)	CYCLE (S)	FUSION FLEXIBLE STRENGTH (S)	CYCLE (S)	STEP THREE(S)		
1:00 PM	YOGA CHALLENGE (S)	YOGA (S)	YOGA CHALLENGE (S)	YOGA (S)			YOGA (S) 90 MIN
3:00 PM				PARENT CHILD YOGA (S)			
4:00 PM	CARDIO STEP (S)		CARDIO STEP (S)	PILATES (S)	BOSU SPORT (S)		
5:00 PM	BODY SCULPT (S)	BODY SCULPT (S)	BODY SCULPT (S)	BODY SCULPT (S)	BODY SCULPT (S)		
6:00 PM	CYCLE (S) ABS & WEIGHTS (G)	COMBO (S)	CYCLE (S) ABS & WEIGHTS (G)	HIP HOP (S)	CYCLE (S)		
6:30 PM	CARDIO KICKBOX (G)	BOSU SPORT (G)	CARDIO KICKBOX (G)	BOOT CAMP (G)			
7:00 PM	STEP INTERVAL (S)		STEP TWO (S)	CYCLE (S)			
8:00 PM	YOGA (S) 90 MIN	YOGA (S) 90 MIN	YOGA (S) 90 MIN	YOGA (S) 90 MIN			

CLASS LOCATIONS: S – Studio; G-Gym

All classes are approximately one hour in length unless otherwise specified. This hour includes all set-up and take down of equipment..

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