



# Glendale YMCA Group Exercise Schedule



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|---|---|---|---|---|---|
|   |   |   |   |   |   |
| 8:30-9:30 AM<br>Body Conditioning<br>Ashley<br>Court 8    | 8:30 - 9:30 AM<br>Cycle<br>Linette<br>Cycle Studio        | 8:30 - 9:30 AM<br>Functional Training<br>Ashley<br>Functional Fitness | 8:30 - 9:30 AM<br>Zumba<br>Linette<br>Ballroom            |   |   |
| 10:00-11:00 AM<br>Active Older Adults<br>Betsy<br>Court 8 | 10:00-11:00 AM<br>Active Older Cardio<br>Betsy<br>Court 8 | 10:00-11:00 AM<br>Silver Sneaker Yoga<br>Betsy<br>Court 8             | 10:00-11:00 AM<br>Active Older Cardio<br>Betsy<br>Court 8 | 10:00-11:00 AM<br>Active Older Adults<br>Betsy<br>Court 8 | 10:00 am - 11:00 am<br>Zumba<br>Mahtab<br>Ballroom                |
|   | 10:00 am - 11:00 am<br>Hatha Yoga<br>Courtney<br>Ballroom |   |   |   |   |
|   | 11:30 - 12:15 AM<br>Aqua Fitness<br>Neli<br>Pool          |   | 11:30 - 12:15 AM<br>Aqua Fitness<br>Neli<br>Pool          |   | 11:00-12:00 PM<br>Reformer Pilates<br>Charletha<br>Pilates Studio |
| 5:15-6:15 PM<br>Zumba<br>Marissa<br>Ballroom              |   | 5:15-6:15 PM<br>Cycle<br>Marissa<br>Cycle Studio                      |   |   |   |
|   | 5:30-6:30 PM<br>Hatha Yoga<br>Courtney<br>Ballroom        |   | 5:30-6:30 PM<br>Yoga<br>Clara<br>Ballroom                 |   |   |
| 6:20-7:20 PM<br>Cycle<br>Marissa<br>Cycle Studio          |   | 6:20-7:20 PM<br>Zumba<br>Marissa<br>Ballroom                          |   |   |   |
| 6:30-7:30 PM<br>Bryon<br>Functional Fitness               |   | 6:30-7:30 PM<br>Bryon<br>Functional Fitness                           |   |   |   |

Questions? Contact  
[afernandez@glenymca.org](mailto:afernandez@glenymca.org)  
 Ashley Fernandez  
 Healthy Lifestyle Coordinator  
[www.glendaleymca.org](http://www.glendaleymca.org)