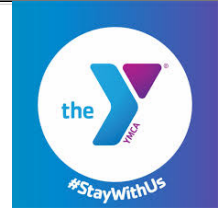




Glendale YMCA Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:00-9:00 AM Reformer Pilates Charletha Pilates Studio	
8:30-9:30 AM Body Conditioning Ashley Court 8	8:30 - 9:30 AM Cycle Linette Cycle Studio	8:30 - 9:30 AM Body Conditioning Ashley Court 8	8:30 - 9:30 AM Zumba Linette Ballroom		
10:00-11:00 AM Active Older Adults Betsy Court 8	10:00-11:00 AM Active Older Cardio Betsy Court 8	10:00-11:00 AM Silver Sneaker Yoga Betsy Court 8	10:00-11:00 AM Active Older Cardio Betsy Court 8	10:00-11:00 AM Active Older Adults Betsy Court 8	***New April 30th*** 10:00 am - 11:00 am Zumba Mahtab Ballroom
	New April 26th 10:00 am - 11:00 am Hatha Yoga Courtney Ballroom				
	NOW 11:30 - 12:15 AM Aqua Fitness Neli Pool		***NOW*** 11:30 - 12:15 AM Aqua Fitness Neli Pool		11:00-12:00 PM Reformer Pilates Charletha Pilates Studio
5:15-6:15 PM Zumba Marissa Ballroom		5:15-6:15 PM Cycle Marissa Cycle Studio			
	5:30-6:30 PM Hatha Yoga Courtney Ballroom		5:30-6:30 PM Mixed Level Yoga Clara Ballroom		
6:15-7:15 PM Cycle Marissa Cycle Studio		6:15-7:15 PM Zumba Marissa Ballroom		5:15 PM- 6:15 PM Cycle Linette Cycle Studio	
6:30-7:30 PM Bryon Functional Fitness		6:30-7:30 PM Bryon Functional Fitness			

Questions? Contact
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