Glendale YMCA
Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				6:15 - 7:15 AM SUNRISE YOGA Courtney Rooftop	
8:30-9:30 AM Body Conditioning Ashley Group Exercise Studio	8:30 - 9:30 AM Cycle Linette Cycle Studio	8:30 - 9:30 AM Circuit Training Ashley Functional Fitness	8:30 - 9:30 AM Zumba Linette Group Exercise Studio	8:30-9:30 AM Tai Chi Cui Wu Group Exercise Studio	
	8:30-9:30 AM Tai Chi Cui Wu Group Exercise Studio				
9:45 - 10:45 AM Active Older Adults Betsy Group Exercise Studio	9:45 - 10:45 AM Active Older Cardio Betsy Group Exercise Studio	9:45 - 10:45 AM Silver Sneaker Yoga Betsy Group Exercise Studio	9:45 - 10:45 AM Active Older Cardio Betsy Group Exercise Studio	9:45 - 10:45 AM Active Older Adults Betsy Group Exercise Studio	10:00 -11:00 AM Zumba Mahtab Group Exercise Studio
	11:30 - 12:15 AM Aqua Fitness Neli Pool		11:30 - 12:15 AM Aqua Fitness Neli Pool		11:00-12:00 PM Reformer Pilaties Charletha Pilates Studio
	12:00 - 1:00 pm Hatha Yoga Courtney Court 8				
5:15-6:15 PM Zumba Marissa Group Exercise Studio		5:15-6:15 PM Cycle Marissa Cycle Studio			12:00 pm - 1:00 PM Reformer Pilaties Charletha Pilates Studio
	5:30-6:30 PM Hatha Yoga Courtney Court 8		5:30-6:30 PM Yoga Clara Court 8		
6:30-7:30 PM Cycle Marissa Cycle Studio		6:30-7:30 PM Zumba Marissa Group Exercise Studio		NEW CLASS 9/16 6:30-7:30 PM Zumba Ricco Group Exercise Studio	
6:30-7:30 PM Bryon Functional Fitness		6:30-7:30 PM Bryon Functional Fitness			

Questions? Contact
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