Glendale YMCA
Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 AM Body Conditioning Ashley Group Exercise Studio	8:30-9:30 AM Tai Chi Cui Wu Group Exercise Studio	8:30 - 9:30 AM Body Sculpting Charlie Group Exercise Studio	8:30 - 9:30 AM Body Sculpting Charlie Group Exercise Studio	8:30-9:30 AM Tai Chi Cui Wu Group Exercise Studio	9:00 - 9:50 AM Youth Ballet Paula Ballroom
					10:00 - 10:50 AM Youth Jazz/Hip-Hop Paula Ballroom
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 SS Yoga/Stretch 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
	10:00 - 11:00 AM Functional Fitness Ashley				
	11:30 - 12:15 PM Aqua Fitness Neli Pool		11:30 - 12:15 PM Aqua Fitness Neli Pool		11:00-12:00 PM Reformer Pilaties Charletha Pilates Studio
					12:00 pm - 1:00 PM Reformer Pilaties Charletha Pilates Studio
5:30 - 6:30 PM Zumba Marissa Group Exercise Studio		5:30 - 6:30 PM Cycle Marissa Cycle Studio			
	5:30-6:30 PM Hatha Yoga Anahit Ballroom		5:30-6:30 PM Yoga Clara Ballroom		
6:30-7:30 PM Cycle Marissa Cycle Studio		6:30-7:30 PM Zumba Marissa Group Exercise Studio		6:30-7:30 PM Zumba Ricco Group Exercise Studio	
6:30-7:30 PM Bryon Functional Fitness	7:30 - 8:30 PM Cycle Linette Cycle Studio	6:30-7:30 PM Bryon Functional Fitness	7:30 - 8:30 PM Zumba Linette Group Exercise Studio		

Questions? Contact
afernandez@glenymca.org
Ashley Fernandez
Healthy Lifestyle Coordinator
www.glendaleymca.org