



the
YMCA
GROUP EXERCISE
SEPTEMBER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am Tai Chi Sam Group Fitness RM	8:00-9:00am Tai Chi Sam Group Fitness RM	8:00-9:00am Tai Chi Sam Group Fitness RM	8:00-9:00am Tai Chi Sam Group Fitness RM	8:00am-9:00am Tai Chi Sam Group Fitness RM	9:00-10:00am Kundalini Yoga Mona Ballroom	
9:30-10:30am Cardio Jam Beatrice Group Fitness RM	9:00-10:00am Total Gym Workout Bryon Family Rec. Area	9:00-10:00 am Zumba Marissa Group Fitness RM	9:00am-10:00am Total Gym Workout Bryon Family Rec. Area	9:00-10:00am Zumba Marissa Group Fitness RM	11:00-11:30pm Intro to Cycling Victoria Cycling Studio	
10:00-11:00am Senior Strength Cidinha Family Rec. Area	9:30am-11:00am Iyengar Yoga Margie Studio B	10:15-11:00pm Active Older Adults Betsy Family Rec. Area	10:15-11:00am Senior Stretch & Strength Irina Family Rec. Area	10:15-11:00 am Senior Cidinha Family Rec. Area	11:30-12:00pm Indoor Cycling Victoria Cycling Studio	
11:00 -12:00 pm Silver Sneakers Yoga Cidinha Family Rec. Area	10:15-11:00am Senior Stretch & Strength Irina Family Rec. Area	11:15-12:00PM Balance/Fall Prevention Cidinha Family Rec. Area	11:15 to 12:15pm Silver Sneakers Circuit Cidinha Family Rec. Area	11:00-12:00pm Silver Sneakers Yoga Cidinha Family Rec. Area	12:00-1:00pm Zumba Victoria Group Fitness RM	
	11:15 to 12:15pm Silver Sneakers Circuit Cidinha Family Rec. Area	12:15-1:15PM Silver Sneakers Yoga Cidinha Family Rec. Area				TRY A NEW CLASS
		5:00-6:15pm Hatha Yoga Anahit Ballroom				HAVE YOU HAD A FITNESS ORIENTATION?
		5:30-6:30pm Zumba Marissa Group Fitness RM				
5:00-6:00 pm Kundalini Yoga Mona Ballroom	5:30-6:30 pm Zumba Marissa Group Fitness RM	6:00-6:45pm Y ELITE FITNESS Michelle Studio A	5:00-6:00pm*NEW Zumba Linnete Group Exercise RM			Working out in a group provides support, accountability, and structure!
6:00-7:00pm Zumba Renee Group Fitness RM	6:30-7:00pm Intro to Strength Jeremy Group Exercise RM	6:30-7:00 pm Full Body Stretch Marissa Group Fitness RM	6:00-6:45pm Intro to Strength Jeremy Group Exercise RM			
6:30-7:00pm Indoor Cycling Marissa Cycling Studio	6:45-7:30 pm Y ELITE FITNESS Marissa Studio A	7:30-8:00 pm Intro Cycling Marissa Cycling Studio	6:30-8:00pm Iyengar Yoga Margie Ballroom	5:00-6:00 pm Kundalini Yoga Mona Ballroom		Yoga is a great way to relieve stress and increase flexibility.
8:00pm-9:00pm YELITE Matthew Studio A	7:30-8:00pm Indoor Cycling Marissa Cycling Studio	8:00-8:30 pm Indoor Cycling Marissa Cycling Studio	7:00-8:00pm NEW Indoor Cycling Meghan Cycling Studio	6:00pm-7:00pm Power Yoga Jeremy Studio B		

PLEASE REGISTER FOR YELITE CLASSES AT THE FRONT DESK.

YMCA Of Glendale
<http://www.glenymca.org>
Phone: (818) 240-4130