

# North Family YMCA Group Fitness Schedule



Revised 11/30/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>					
	BODYPUMP 5:15-6:15AM	BODYFLOW EXPRESS 6-6:45AM	BODYPUMP 5:15-6:15AM	BODYFLOW EXPRESS 6-6:45AM	BODYSTEP ATHLETIC 8-9AM
STEP EXPRESS 9-9:45AM	BODYPUMP 9:00-10:00AM	STEP EXPRESS 9-9:45AM	BODYPUMP 9:00-10:00AM	BODYSTEP EXPRESS 8:45-9:15AM	BOOTCAMP 8-9AM
FIT FOR LIFE STRENGTH & CORE 9:50-10:35AM		FIT FOR LIFE STRENGTH & CORE 9:50-10:35AM		BODYPUMP EXPRESS 9:15-9:45AM	CXWORX 9-9:30AM
BODYFLOW 10:45-11:45AM		YOGA GENTLE & RESTORATIVE 10:45-11:45AM		CXWORX 9:50-10:20AM	BODYFLOW 9:35-10:35AM
				YOGA 10:30-11:30AM	
<b>EVENING CLASSES</b>					
BODYSTEP ATHLETIC 4:30-5:30PM	BODYPUMP 4:30-5:30PM	BODYSTEP ATHLETIC EXPRESS 4:30-5:15PM	BODYPUMP 4:30-5:30PM		
BODYPUMP 5:30-6:30PM	LATIN HIP HOP 5:45-6:45PM	BODYPUMP 5:30-6:30PM	DANCE FUSION 5:40-6:30PM		
			BODYFLOW 6:45-7:45PM	CHILD WATCH HOURS M & W 8AM-12PM, 4-8PM T & TH 8AM-12PM, 4-8PM FRI 8AM-12PM SAT 8AM-12PM	