

Utica Ridge Family YMCA Group Fitness Schedule



Revised 11/30/18 *Utica YMCA Branch is Ages 14+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
RPM 5:15-6:00AM		RPM 5:15-6:00AM			BOOTCAMP 8-8:55AM
BODY WORKS 5:45-6:45AM	BODYPUMP 5:45-6:45AM	BODY WORKS 5:45-6:45AM	BODYPUMP 5:45-6:45AM	INTERVAL BODY WORKS 5:45-6:45AM	CYCLING 8-9AM
STEP EXPRESS 8-8:50AM	CYCLING 6-6:45AM	STEP EXPRESS 8-8:50AM	CYCLING 6-6:45AM		CARDIO & STRENGTH 9-10AM
		PILATES 8:45-9:45AM			YOGA-LATES 9-10AM
BODY WORKS 9-10AM	STRENGTH BEYOND FLEXIBILITY YOGA 8:45-9:35AM	BODY WORKS 9-10AM	STRENGTH BEYOND FLEXIBILITY YOGA 8:45-9:35AM	BODYPUMP 9-10AM	
	BOOTCAMP 9:30-10:15AM	CYCLING 9:30-10:30AM	BOOTCAMP 9:30-10:15AM		
HIGH FITNESS 10:05-11:00AM	YOGA 9:45-10:45AM	HIGH FITNESS 10:05-11:00AM	YOGA 9:45-10:45AM	YOGA 10-11AM	
YOGA 10-11AM	BODY WORKS 10:15-11AM	YOGA 10-11AM	BODY WORKS 10:15-11AM		
EVENING CLASSES					SUNDAY
STEP EXPRESS 4:30-5:25PM	BODYCOMBAT 4:30-5:25PM	STEP EXPRESS 4:30-5:25PM	BODYCOMBAT 4:30-5:25PM		CARDIO SMASH 9:00-10:00AM
BODY WORKS 5:30-6:30PM	ZUMBA 5:30-6:15PM	BODY WORKS 5:30-6:30PM	ZUMBA 5:30-6:15PM		
	RPM 5:30-6:15PM	RPM 5:30-6:30PM	RPM 5:30-6:15PM		
YOGALATES 5:30-6:20PM		YOGALATES 5:30-6:30PM	Y FIT KIDS 6:00-7:00PM Free-ages 7-13		
	CORE TRANING 6:30-6:55PM		CORE TRANING 6:30-6:55PM	CHILD WATCH HOURS M-F 8AM-1PM M/W 4-8PM T/TH 4-7PM SAT 8AM-12:30PM SUN 10AM-1PM	
BOOTCAMP 6:35-7:20PM	POWER 30 7-7:30PM	BOOTCAMP 6:35-7:20PM	POWER 30 7-7:30PM		
FOAM ROLLING 7:25-7:45PM					