

# Davenport Family YMCA Group Fitness Schedule



Revised 8/24/18

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>MORNING CLASSES</b>					
CYCLING 5:30-6:15AM	CYCLING 5:30-6:30AM	CYCLING 5:30-6:30AM	CYCLING 5:30-6:30AM	CYCLING 5:30-6:30AM	RPM 8-9AM
DANCE FUSION 9:30-10:15AM	STRENGTH & CORE 9:30-10:30AM	DANCE FUSION 9:30-10:15AM	STRENGTH & CORE 9:30-10:30AM	DANCE FUSION 9:30-10:15AM	BODYPUMP EXPRESS 9:15-10AM
CXWORX 10:30-11AM	SENIOR FUN & FITNESS 10:30-11:15AM	CXWORX 10:30-11AM	SENIOR FUN & FITNESS 10:30-11:15AM	CXWORX 10:30-11AM	CXWORX 10-10:30AM
BODY PUMP 12-1PM	CXWORX 12:00-12:35PM	BODYPUMP 12-1PM	CXWORX 12:00-12:35PM	BODYPUMP 12-12:45PM	
<b>Evening Classes</b>					
RPM 4:30-5:30PM	STRENGTH & CORE 4:30-5:30PM	Y FIT KIDS 3:00-4:00PM Free-ages 7-13	RPM 4:30-5:30PM	CYCLING 4:30-5:30PM	<b>SUNDAY</b>
YFIT KIDS 5:30-6:30PM Free-Ages 7-13	RPM EXPRESS 5:45-6:15PM	CYCLING 4:30-5:30PM	BODYPUMP 5:00-5:45PM		YOGA 12:15-1:30PM
CXWORX 6-6:30PM	BODYPUMP 6:30-7:30PM	CXWORX 6-6:30PM		RPM 6-7PM	
LATIN HIP HOP 6:35-7:35PM		LATIN HIP HOP 6:35-7:35PM		CHILD WATCH HOURS M-F 9:30AM-1PM M-TH 4-8PM *contact the branch if Sat Child Watch is needed kids gym available for kids under 8 with parent/gaurdian	
RPM 6:45-7:45PM		RPM 6:45-7:45PM			