



EVERETT FAMILY YMCA GROUP EXERCISE SCHEDULE

MARCH 2020

STUDIO 2 (2nd floor near cardio equipment)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	CONDITIONING TOGETHER 5:15-5:45 am		CORE FOCUS TOGETHER 5:15-5:45 am				
6 am		STRENGTH TRAIN TOGETHER 6-7 am		STRENGTH TRAIN TOGETHER 6-7 am			
7 am						YOGA 7:30-8:30 am	
8 am							
9 am	CORE FOCUS TOGETHER 9-9:30 am	CONDITIONING TOGETHER 9-9:30 am	MOVE TOGETHER 9-9:30 am	CORE FOCUS TOGETHER 9-9:30 am	CONDITIONING TOGETHER 9-9:30 am	YOGA 9-10 am	
10 am	DEFEND TOGETHER 9:30-10:30 am	CARDIO STEP TOGETHER 9:30-10:30 am	ZUMBA 9:30-10:30 am	CARDIO STEP TOGETHER 9:30-10:30 am	DEFEND TOGETHER 9:30-10:30 am	HIIT 9:15-9:45 am Wellness Center	
11 am	CARDIO STEP TOGETHER 10:30-11:30 am	ACTIVE TOGETHER 10:30-11:30 am	HIIT 10:15-10:45 am Wellness Center	ACTIVE TOGETHER 10:30-11:30 am	STRENGTH TRAIN TOGETHER 10:30-11:30 am	ZUMBA 10:30-11:30 am	YOGA 10:15-11:15 am
Noon	MOVE TOGETHER 11:30 am-Noon	CORE FOCUS TOGETHER 11:30 am-Noon	CONDITIONING TOGETHER 11:30 am-Noon		CORE FOCUS TOGETHER 11:30 am-Noon		CORE FOCUS TOGETHER 11:30 am-Noon
1 pm	STRENGTH TRAIN TOGETHER Noon-1 pm	ZUMBA Noon-1 pm	CARDIO STEP TOGETHER Noon-1 pm	STRENGTH TRAIN TOGETHER Noon-1 pm	CARDIO STEP TOGETHER Noon-1 pm	STRENGTH TRAIN TOGETHER Noon-1 pm	CARDIO STEP TOGETHER Noon-1 pm
2 pm							MOVE TOGETHER 1-1:30 pm
3 pm	CARDIO FIT 3-3:45 pm		CARDIO FIT 3-3:45 pm				
4 pm	MOVE TOGETHER 4-4:30 pm	CORE FOCUS TOGETHER 4-4:30 pm	CONDITIONING TOGETHER 4-4:30 pm	CORE FOCUS TOGETHER 4-4:30 pm	MOVE TOGETHER 4-4:30 pm		
5 pm	CIRCUIT 4:30-5:30 pm	STRENGTH TRAIN TOGETHER 4:30-5:30 pm	DEFEND TOGETHER 4:30-5:30 pm	ACTIVE TOGETHER 4:30-5:30 pm	CIRCUIT 4:30-5:30 pm Wellness Center		
6 pm	ACTIVE TOGETHER 5:30-6:30 pm	ZUMBA 5:30-6:30 pm	CARDIO STEP TOGETHER 5:30-6:30 pm	ZUMBA TONING 5:30-6:30 pm	YOGA 5:30-6:30 pm		
7 pm	STRENGTH TRAIN TOGETHER 6:30-7:30 pm	ACTIVE TOGETHER 6:30-7:30 pm	STRENGTH TRAIN TOGETHER 6:30-7:30 pm	DEFEND TOGETHER 6:30-7:30 pm			
8 pm		HIIT 6:45-7:15 pm Wellness Center		HIIT 6:45-7:15 pm Wellness Center			

NEW CLASSES:

High Fitness (Thursdays at 10:45 am, beginning March 12) High Fitness is a fun fitness class that incorporates interval training with pop music, and intense easy-to-follow fitness choreography. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

Virtual Indoor Cycle (Mondays-Fridays 2-3 pm & Saturday, Sunday from 12-1 pm) Pop into the Cycle Studio during any of these listed days and times and follow a virtual, interactive course and program designed to train you without the need to join a scheduled instructor led class. Contact Gael Gebow to get set up on a bike prior to attending so you can have a safe and fun ride experience!

Yoga (Saturdays from 7:30-8:30 am) & **Cardio Fit** (Mondays & Wednesdays from 3-3:45 pm)

CANCELLED CLASS: Power Walking (Sundays)





EVERETT FAMILY YMCA GROUP EXERCISE SCHEDULE

MARCH 2020

STUDIO 1 (1st floor near back of building)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am					TRX		
6 am		SUNRISE YOGA		SUNRISE YOGA	5:15-5:45 am		
7 am		5:30-6:30 am		5:30-6:30 am			
8 am	YOGA	PILATES	YOGA	YOGA	PILATES		
9 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am		
10 am	TRX				TRX		
11 am	10:15-10:45 am				10:15-10:45 am		
Noon	ROLL INTO YOGA	TRX	ROLL INTO YOGA	HIGH FITNESS	ROLL INTO YOGA		
1 pm	10:45-11:45 am	10:45-11:15 am	10:45-11:45 am	10:45-11:45 am	10:45-11:45 am		
2 pm				Starts March 12			
3 pm							
4 pm					BARRE		
5 pm	PILATES	MINDFULNESS	TAI CHI	MINDFULNESS	4:45-5:30 pm		
6 pm	5:15-6:15 pm	5:15-6:15 pm	5:15-6:15 pm	5:15-6:15 pm			
7 pm	YOGA		YOGA				
8 pm	6:30-7:30 pm		6:30-7:30 pm				

CYCLE STUDIO (2nd floor near back of building)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	CYCLE TOGETHER	CYCLE 30 TOGETHER	CYCLE TOGETHER	CYCLE 30 TOGETHER	CYCLE TOGETHER		
6 am	5:45-6:45 am	5:15-5:45 am	5:45-6:45 am	5:15-5:45 am	5:45-6:45 am		
7 am							
8 am	PEDALING FOR PARKINSONS		PEDALING FOR PARKINSONS		PEDALING FOR PARKINSONS	CYCLE 30 TOGETHER	
9 am	8:15-9:15 am		8:15-9:15 am		8:15-9:15 am	8:30-9 am	
10 am	FREESTYLE CYCLE	CYCLE TOGETHER	FREESTYLE CYCLE	CYCLE TOGETHER	FREESTYLE CYCLE		
11 am	9:30-10 am	9:30-10:30 am	9:30-10 am	9:30-10:30 am	9:30-10 am		
Noon	CYCLE TOGETHER		CYCLE TOGETHER	CYCLE 30 TOGETHER		VIRTUAL GROUP CYCLE	VIRTUAL GROUP CYCLE
1 pm	12:15-1:15 pm		12:15-1:15 pm	11:30 am-12 pm		12-1 pm	12-1 pm
2 pm							
3 pm	VIRTUAL GROUP CYCLE	VIRTUAL GROUP CYCLE	VIRTUAL GROUP CYCLE	VIRTUAL GROUP CYCLE	VIRTUAL GROUP CYCLE		
4 pm	2-3 pm	2-3 pm	2-3 pm	2-3 pm	2-3 pm		
5 pm	Virtual Indoor Group Cycle: Pop into the Cycle Studio during any of these listed days and times and follow a virtual, interactive course and program designed to train you without the need to join a scheduled instructor led class. Contact Gael Gebow to get set up on a bike prior to attending so you can have a safe and fun ride experience!						
6 pm							
7 pm	CYCLE TOGETHER	CYCLE 30 TOGETHER	CYCLE TOGETHER	CYCLE 30 TOGETHER			
8 pm	6-7 pm	6-6:30 pm	6-7 pm	6-6:30 pm			