

March - Group Fitness Schedule

Bonita Springs YMCA



MONDAY

7:30 AM	Body Pump	AR
9:00 AM	Yoga Flow	Gym
8:30 AM	Tai Chi	MP
9:00 AM	Body Pump	AR
9:30 AM	Beginner Tai Chi	MP
10:00 AM	Body Pump	AR
10:30 AM	Water Exercise	PL
11:15 AM	SS Circuit	AR
5:30 PM	Zumba	AR
6:30 PM	Yoga	AR

TUESDAY

9:00 AM	Y Cycle	AR
9:00 AM	Zumba Gold	Gym
10:00 AM	Pilates	MP
10:00 AM	Tabata	AR
11:15 AM	SS Classic	AR
12:30 PM	Pedaling for Parkinsons	AR
5:30 PM	Body Pump	AR
6:30 PM	Y Cycle	AR

WEDNESDAY

7:30 AM	Body Pump Express (30)	AR
9:00 AM	Body Pump	AR
10:00 AM	Yoga	Gym
10:00 AM	Water Exercise	PL
10:15 AM	Cardio Mix	AR
11:15 AM	SS Yoga Stretch	AR
6:30 PM	Zumba	AR

THURSDAY

9:00 AM	Y Cycle	AR
9:00 AM	Zumba Gold	Gym
10:00 AM	Tabata	Gym
10:00 AM	Body Pump	AR
11:15 AM	SS Classic	AR
12:30 PM	Pedaling for Parkinsons	AR
5:30 PM	Body Pump	AR
6:30 PM	Y Cycle	AR

FRIDAY

9:00 AM	Yoga Flow	AR
9:00 AM	20/20/20	Gym
10:00 AM	Water Exercise	PL
10:00 AM	Body Pump	AR
11:15 AM	SS Circuit	AR
12:30 PM	Parkinson's Exercise	AR

SATURDAY

8:30 AM	Zumba	AR
9:20 AM	Zumba Toning (30mins)	AR
10:00 AM	Body Pump	AR
11:15 AM	Pilates	AR
12:30 PM	Pedaling for Parkinsons	AR

Room Legend:

- AR:** Aerobics Room
- MP:** Muliti-Purpose Room
- WC:** Wellness Center
- Out:** Outside
- Gym:** Gymnasium
- PL:** Pool

All classes are 50 minutes unless otherwise noted. SS = Silver Sneakers



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