

# October - Group Fitness Schedule

Bonita Springs YMCA



## MONDAY

7:30 AM	Body Pump	AR
9:00 AM	Yoga Flow	AR
9:00 AM	Water Exercise w/ Kim <i>(Oct 9 &amp; 23 only)</i>	PL
10:00 AM	Body Pump	AR
6:30 PM	Yoga	AR

## TUESDAY

9:00 AM	Y Cycle	AR
9:00 AM	Water Exercise	PL
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	AR
9:00 AM	Boot Camp	Out
9:00 AM	Body Pump	AR
9:00 AM	Water Exercise	PL
10:00 AM	Yoga	AR
11:15 AM	SS Yoga Stretch	AR
5:30 PM	Tabata	AR

## THURSDAY

9:00 AM	Y Cycle	AR
9:00 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
9:00 AM	Water Exercise	PL
10:00 AM	Body Pump	AR
11:15 AM	SS Circuit	AR

## SATURDAY

10:00 AM	Body Pump	AR
11:15 AM	Pilates	AR
12:30 PM	Pedaling for Parkinsons	AR

### Room Legend:

<b>AR:</b> Aerobics Room	<b>Out:</b> Outside
<b>MP:</b> Multi-Purpose Room	<b>Gym:</b> Gymnasium
<b>WC:</b> Wellness Center	<b>PL:</b> Pool

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



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