



Fort Myers YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Schedule

1.4.18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30 Spin Room 2	6:30-7:00 TRX with Adriana Room 3	6:45-7:45 Body Pump with Cynthia Room 2			
8:00-9:00 Body Pump with Adriana Room 2	8:00-9:00 20/20/20 with Cynthia Room 2	8:00-9:00 Body Combat with Adriana Room 2	6:30-7:00 TRX with Adriana Room 3	8:00-9:00 **HOT** Yoga with George Room 1	8:30-9:25 Spin Room 2 with Mallory
9:00-9:30 Sweaty Abs with Adriana Room 2	9:00-10:00 Myzone Boot Camp Room 3 MyZone w/ Lori	9:00-10:30 Total Body Barre/Kidyoga with Emily Room 1	8:00-9:00 20/20/20 with Cynthia Room 2	8:00-9:00 Body Pump with Adriana Room 2	9:30-10:30 TRX Intervals with MAGIC Room 3 Myzone
9:30-10:15 Body Combat with Adriana Room 1	9:15-10:15 Pilates with Cymthia Room 2	9:00-9:30 Sweaty Abs with Adriana Room 2	9:00-10:00 Myzone Boot Camp Room 3 MyZone w/ DJ	9:00-9:45 Total Body Barre with Emily Room 1	9:00-10:00 Yoga with Tammy Room 1
9:30-10:30 Zumba! with Lori Room 2	10:30-11:30 Stress-Less Yoga Room 1	9:30-10:30 Zumba! with Melissa Room 2	9:30-10:15 Body Combat with Lori Room 1	9:00-9:30 Sweaty Abs with Adriana Room 2	9:30-10:30 Body Pump with Mallory 2
10:30-11:30 Yoga with Cindy Room 1		10:30-11:30 Yoga with Cindy Room 1	9:15-10:15 Pilates with Adriana Room 2	9:30-10:30 Zumba! with Gosia Room 2	10:30-11:30 Body Combat with Susan 2
10:30-11:30 Active Adult Strength & Cardio with Missy Room 2		10:30-11:30 Active Adult Strength & Cardio with Missy Room 2	10:30-11:30 Stress-Less Yoga Room 1	10:30-11:30 Yoga with Annia Room 1	<p>GET FIT AT</p>
11:30-12:30 Floor Conditioning Core with Missy Room 1		11:30-12:30 Floor Conditioning Core with Missy Room 1	<p>PURCHASE YOUR MYZONE BELT TODAY FOR \$75 +TAX</p>	10:30-11:30 Active Adult Strength & Cardio with Missy Room 2	
				11:30-12:30 Senior Stretch and Balance with Missy Room 1	
12:30-1:00 Cardio Burst with Missy Room 1			12:30-1:30 Cardio Burst with Missy Room 1		
5:15-6:15 Body Combat with Lori Room 1	5:15-6:15 Spin Room 2	5:15 - 6:15 Body Combat with Lori Room 1	5:15-6:15 Spin Room 2	5:30-6:00 MyZone Room 3	<p>PURCHASE YOUR MYZONE BELT TODAY FOR \$75 +TAX</p>
6:00-7:00 Body Pump with Renee room 2	6:00-6:30 Women's Strength Training \$\$ room 3 Myzone	5:15-6:00 Myzone Bootcamp with Magic Room 3	6:00-7:00 Yolates Room 1	6:00-7:00 Body Pump with Lori Room 2	
6:30-7:00 Cardio Blast with Lori Room 3 MyZone	6:00 - 7:00 Yoga with George Room 1	6:30-7:00 Cardio Blast with Lori Room 3 MyZone	6:00-6:30 Women's Strength Training \$\$ room 3 Myzone		
	6:30-7:30 Bootcamp with Mallory MyZone	6:15-7:15 Body Pump with Mallory Room 2	6:30-7:30 Zumba! with Lori Room 2		
	6:30-7:30 Zumba! with Lori Room 2				

Classes are free to **members** unless marked **\$\$**. Day passes for **Non-Members** are **\$10/day**, plus additional class fees if marked **\$\$**. See fees in class descriptions on back. You must be **16 years** old or minimum **12 years** old & accompanied by a parent/guardian. Body Pump and TRX are excluded.