



# Fort Myers YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:45 <b>Spin</b> with Terri Room 2	6:30-7:00 <b>TRX</b> with Adriana Room 1	6:45-7:45 <b>Body Pump</b> with Cynthia Room 2	5:30-6:30 <b>Spin</b> with Terri Room 2		
8:00-9:00 <b>Body Pump</b> with Adriana Room 2	8:00-9:00 <b>20/20/20</b> with Cynthia Room 2	8:00-9:00 <b>Body Combat</b> with Adriana Room 2	6:30-7:00 <b>TRX</b> with Adriana Room 1	8:00-9:00 <b>**HOT** Yoga</b> with George Room 1	8:00-9:00 <b>Spin</b> Room 2 with Terri <b>PASS NEEDED</b> limit 11
9:00-9:30 <b>Sweaty Abs</b> with Adriana Room 2	9:00-10:00 <b>Myzone Boot Camp</b> Room 3 <b>MyZone</b>	9:00-10:30 <b>Total Body Barre/Yoplay</b> with Emily Room 1	8:00-9:00 <b>20/20/20</b> with Cynthia Room 2	8:00-9:00 <b>Body Pump</b> with Adriana Room 2	9:00-10:00 <b>TRX Intervals</b> with MAGIC Room 3 <b>Myzone \$\$</b>
9:30-10:15 <b>Body Combat</b> with Adriana Room 1	9:30-10:30 <b>Pilates</b> with DarEll Room 2	9:00-9:30 <b>Sweaty Abs</b> with Adriana Room 2	9:30-10:15 <b>Body Combat</b> with Lori Room 1	9:00-9:45 <b>Total Body Barre</b> with Emily Room 1	9:00-10:00 <b>Yoga</b> with Tammy Room 1
9:30-10:30 <b>Zumba!</b> with Lori Room 2	10:30-11:30 <b>Stress-Less Yoga</b> Room 1	9:30-10:30 <b>Zumba!</b> with Gosha Room 2	9:30-10:30 <b>Pilates</b> with Adriana Room 2	9:00-9:30 <b>Sweaty Abs</b> with Adriana Room 2	9:00-10:00 <b>NEW Body Combat</b> with Lisa Room 2
10:30-11:30 <b>Yoga</b> with Cindy Room 1	12:15-1:00 <b>Bootcamp Myzone</b> Room 3	10:30-11:30 <b>Yoga</b> with Joyce Room 1	10:30-11:30 <b>Stress-Less Yoga</b> Room 1	9:30-10:30 <b>Zumba!</b> with melissa Room 2	10:00-11:00 <b>Body Pump</b> with Lisa Room 2
10:30-11:30 <b>Senior Strength and Tone</b> with Missy Room 2		10:30-11:30 <b>Senior Strength and Tone</b> with Missy Room 2	12:15-1:00 <b>MyZone</b> Room 3	10:30-11:30 <b>Yoga</b> with Cindy Room 1	<p>GET FIT AT</p>
11:30-12:30 <b>Floor Conditioning Core</b> with Missy Room 1		11:30-12:30 <b>Floor Conditioning Core</b> with Missy Room 1	<p>PURCHASE YOUR MYZONE BELT TODAY FOR \$75 +TAX</p>	10:30-11:30 <b>Senior Strength and Tone</b> with Missy Room 2	
11:30 - 12:30 <b>Senior Live*able</b> w/Cynthia P Room 2		11:30 - 12:30 <b>Senior Live*able</b> Room 2		11:30-12:30 <b>Senior Stretch and Balance</b> with Missy Room 1	
12:30-1:00 <b>Cardio Burst</b> with Missy Room 1		12:30-1:30 <b>Cardio Burst</b> with Missy Room 1	12:30 - 1:00 <b>Cardio Burst</b> with Missy Room 2		
5:15-6:15 <b>Body Combat</b> with Lori Room 1	5:15-6:15 <b>Spin</b> with Terri Room 2	5:15 - 6:15 <b>Body Combat</b> with Lori Room 1	5:15-6:15 <b>Spin</b> with Terri Room 2	5:30-6:00 <b>MyZone</b> Room 3	
6:00-7:00 <b>Body Pump</b> with Renee room 2	6:00-6:30 <b>Women's Strength Training</b> \$\$ room 3 <b>Myzone</b>	6:15-7:15 <b>Body Pump</b> with Mallory Room 2	5:30-6:30 <b>Yoplay</b> with Emily Room 1	6:00-7:00 <b>Body Pump</b> with Lori Room 2	
6:30-7:00 <b>Cardio Burst</b> with Lori Room 3 <b>MyZone</b>	6:00 - 7:00 <b>Yoga</b> with George Room 1	6:30-7:00 <b>Cardio Burst</b> with Lori Room 3 <b>MyZone</b>	6:00-6:30 <b>Women's Strength Training</b> \$\$ room 3 <b>Myzone</b>		
	6:30-7:30 <b>Bootcamp</b> with Mallory <b>MyZone</b>		6:30-7:15 <b>Total Body Barre</b> with Emily Room 1		
	6:30-7:30 <b>Zumba!</b> with Lori Room 2		6:30 - 7:30 <b>Zumba!</b> with Lori Room 2		
				<p>PURCHASE YOUR MYZONE BELT TODAY FOR \$75 +TAX</p>	

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.