

# Fort Myers YMCA

2019

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## Group Fitness Schedule

**Body Pump**  
7:30 am - 8:30 am  
Room 3 - Cynthia

**Body Combat**  
8:30- 9:30  
Room 1 Gosia

**Core Strength**  
9:00 am -9:30 am  
Room 3- Cynthia

**Zumba!**  
9:30 am - 10:30 am  
Room 3 - Lori

**Active Adult:  
Strength & Cardio**  
10:30 am - 11:30 am  
Room 3 - Missy

**Yoga**  
10:30 am - 11:30 am  
Room 1 - Annia

**Floor Core  
Conditioning**  
11:30 am - 12:30 pm  
Room 1- Missy

**Boot Camp**  
5:00 pm - 6:00 pm  
Room 2 - Lori

**Body Pump**  
6:00 pm - 7:00 pm  
Room 3 - Renee

**Boot Camp**  
7:30 am - 8:30 am  
Room 2 Gosia

**Balance Agility  
Strength**  
8:30 -9:25 am  
Room 3 Cynthia

**Pilates**  
9:30 am- 10:30 am  
Room 3 - Annia

**Grit**  
9:00 am- 9:30 am  
Room 1- Gosia

**StressLess Yoga**  
10:30 am - 11:30 am  
Room 1- Annia

**Pedaling 4  
Parkinson's**  
10:35 am- 11:35 am  
Room 2 - Megan

**Spin**  
5:15 pm - 6:15 pm  
Room 2 - Caitlin

**Grit**  
6:00 pm - 6:30 pm  
Room 3 Mallory

**Yoga**  
6:00 pm - 7:00 pm  
Room 1 - George

**Body Pump**  
7:30 am - 8:30 am  
Room 3 - Cynthia

**Body Combat**  
8:30 - 9:30  
Room 1 Gosia

**Core Strength**  
9:30am - 10:00 am  
Gosia Room 1

**Zumba!**  
9:30 am - 10:30 am  
Room 3 - Cee

**Active Adult:  
Strength & Cardio**  
10:30 am - 11:30 am  
Room 3 - Missy

**Yoga**  
10:30 - 11:30 am  
Hannah Room 1

**Floor Core  
Conditioning**  
11:30 am - 12:30 pm  
Room 1 - Missy

**Boot Camp**  
5:00 pm - 6:00 pm  
Room 2 - Lori

**Body Pump**  
6:00 pm - 7:00 pm  
Room 3 - Mallory

**Boot Camp**  
7:30 am - 8:30 am  
Room 2 Gosia

**Balance Agility  
Strength**  
8:30 - 9:25 am  
Room 3 Cynthia

**Pilates**  
9:30 am- 10:30 am  
Room 3 - Annia

**Grit**  
9:00 am - 9:30 am  
Room 1 - Gosia

**StressLess Yoga**  
10:30 am - 11:30 am  
Room 1- Annia

**Pedaling 4  
Parkinson's**  
10:35 am- 11:35 am  
Room 2 - Megan

**Body Pump**  
7:30 am - 8:30 am  
Room 3 Cynthia

**Yoga**  
8:00 am - 9:00 am  
Room 1- George

**Core Strength**  
9:00 am - 9:30 am  
Gosia Room 3

**Zumba!**  
9:30 am - 10:30 am  
Room 3 - Gosia

**Active Adult:  
Strength & Cardio**  
10:30 am - 11:30 am  
Room 3 - Missy

**Yoga**  
10:30 am - 11:30 am  
Room 1 - Annia

**Senior Stretch &  
Balance**  
11:30 am - 12:30 pm  
Room 1- Missy

**Spin**  
8:00 am - 9:00 am  
Room 2 - Caitlin

**Yoga**  
8:30 am - 9:30 am  
Room 1 - Annia

**Grit**  
8:45 am - 9:15 am  
Room 3 - Mallory

**Pilates**  
9:30 am - 10:30 am  
Room 1 - Annia

**Body Pump**  
9:30 am - 10:30 am  
Room 3 - Mallory

**Myzone Bootcamp**  
9:30 am - 10:30 am  
Room 2 - Lori

