



Group Fitness Schedule

Winona Family YMCA

Effective June 29th

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>8:00 - 8:50 Pilates w /Judy</p> <p>12:05 - 12:55 Zumba w/Jackie</p> <p>4:20 - 5:20 BODYPUMP w/Angela</p>	<p>8:00 - 9:00 BODYPUMP w/Renee</p> <p>10:00 - 10:50 Yoga I w/Diane</p> <p>12:05 - 1:05 20/20/20 w/Jackie</p> <p>5:30 - 6:15 PiYo w/Carol</p>	<p>8:00 - 8:50 Body Sculpt w/Angela</p> <p>12:05 - 1:05 BODYPUMP w/Ben</p> <p>5:30 - 6:30 Cardio Kick w/Jackie</p>	<p>9:05 - 9:55 HIIT w/Sarah</p> <p>12:05 - 12:55 Zumba w/Jackie</p> <p>4:30 - 5:30 Yoga II w/Sherry</p>	<p>9:00 - 10:00 Zumba w/Tesla</p> <p>12:05 - 1:05 BODYPUMP w/Ethan</p> <p>4:20 - 5:20 BODYPUMP w/Ben</p>	<p>8:15 - 9:15 BODYPUMP w/Rose</p> <p>10:30 - 11:30 Barre w/Katie & Nicole</p>	<p>CLOSED</p>

All Classes: Please bring your own mat, water bottle, and sweat towel. All classes are held in the fitness studio.

Schedule subject to change. More classes may be added at a later date.

Reservations required for each class.

One class per day per member.

GROUP EXERCISE SCHEDULE

