



Group Fitness Schedule

Winona Family YMCA

Effective January 11, 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 8:45 Pilates w /Judy Fitness Studio	5:30 – 6:30 BODYPUMP w/Carol Fitness Studio	5:30 – 6:15 PiYo w/Carol Fitness Studio	5:30 – 6:30 BODYPUMP w/Rose Fitness Studio	9:00 – 10:00 Zumba w/Jackie GYM	7:00 – 8:00 BODYPUMP w/Rose GYM	12:00 – 1:00 BODYPUMP w/Carol GYM
10:00 – 10:45 Active Older Adult Fitness w/Donielle Clara Barton Room	8:00 – 9:00 BODYPUMP w/Kim GYM	8:00 – 8:45 Body Sculpt w/Angela Fitness Studio	10:00 – 11:00 QiGong/TaiChi w/Lynn Clara Barton Room	10:00 – 11:00 PiYo w/Alissa Fitness Studio	10:00 – 11:00 Barre w/Nicole Fitness Studio	
12:00 – 12:50 Zumba w/Jackie Fitness Studio	10:00 – 11:00 QiGong/TaiChi w/Lynn Clara Barton Room	10:00 – 10:50 Stretch & Flex w/Nicole Fitness Studio	12:00 – 12:50 Zumba w/Jackie Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Donielle Clara Barton Room	<u>All Classes:</u> Please bring your own mat, water bottle, and sweat towel. Members are responsible for sanitizing their own equipment. Schedule subject to change. Reservations required for each class. One class per day per member.	
5:00 – 6:00 BODYPUMP w/Angela GYM	10:00 – 10:50 Yoga I w/Diane Fitness Studio	10:00 – 10:45 Active Older Adult Fitness w/Katie Clara Barton Room	5:00 – 6:00 Yoga II w/Sherry Fitness Studio	12:00 – 1:00 BODYPUMP w/Angela GYM		
	12:00 – 1:00 20/20/20 w/Jackie Fitness Studio	12:00 – 1:00 BODYPUMP w/Jackie GYM		5:00 – 6:00 BODYPUMP w/Josh Fitness Studio		
	5:00 – 6:00 Barre w/Katie Fitness Studio					