

GROUP X STUDIO LIVE CLASS SCHEDULE

Twin Lakes Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am BodyPump (60min/Studio) Carley		8:30am BodyPump (60min/Studio) Carley	8:30am Athletic Training (45min/Studio) Emily		8:30am Athletic Training (45min/Studio) Emily	
		9:45am RPM (50min/Cycle) Amy	8:30am YOGA (60min/SMB) Laura G	9:15am Cycle (45min/Cycle) Marne	9:25am BodyStep (30min/Studio) Shanna	
9:40am BodyStep (60min/Studio) Holly	9:30am BodyCombat (60 min/Studio) Amy	9:40am BodyStep (60min/Studio) Linda	9:30am BodyCombat (60min/Studio) Amy	9:30am Power Step (60min/Studio) Holly	10:05am BodyPump (60min/Studio) Carley	
	9:30am *Chair Yoga (60min/Gymnasium) Sharon A		9:00am *Strength & Tone (60min/Gymnasium) Jessica	9:30am *Chair Yoga (60min/Gymnasium) Sharon A		
				10:45am BodyPump (60min/Studio) Lisa		
1:10pm *Zumba Gold (60min/Studio) Cindy	12:00pm Line Dance Beginner/ Intermediate (120min/Studio)	1:10pm *Zumba Gold (60min/Studio) Cindy	12:00pm Line Dance Beginner/ Intermediate (120min/Studio) Joan	12:00pm Line Dance Beginner/ Intermediate (120min/Studio) Joan		
2:00pm *Silver Sneakers Circuit (60min/Studio) Holly		2:00pm *Silver Sneakers Muscular Strength (60min/Studio) Mary		2:00pm *Silver Sneakers Muscular Strength (60min/Studio) Mary		2:30pm BodyPump (60min/Studio) Jenn
4:30pm BodyPump (60min/Studio) Gissella	4:30pm Athletic Training (45min/Studio) Emily/Carley	5:25pm BodyCombat (60min/Studio) Gissella	4:30pm BodyPump (60min/Studio) Jenn			
5:40pm Zumba (60min/Studio) Gissella						
6:45pm BodyFlow (60min/Studio) Gissella	6:00pm YOGA (60min/SMB) Cindie S					Effective 10/1/21

*offered via Zoom
See back for Zoom Information

ZOOM INFORMATION

PASSCODE FOR ALL ZOOM CLASSES - 1111

Tuesday & Friday: Chair Yoga	Meeting ID: 864 5686 4702 Passcode: 1111
Monday & Wednesday: Zumba Gold	Meeting ID: 817 5181 9683 Passcode: 1111
Monday: Silver Sneakers Circuit	Meeting ID: 865 1990 9505 Passcode: 1111
Wednesday & Friday: Silver Sneakers Muscular Strength	Meeting ID: 854 9241 9937 Passcode: 1111
Thursday: Strength & Tone	Meeting ID: 867 4547 7197 Passcode: 1111