



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SALEM FAMILY YMCA Group Exercise Schedule APRIL 3 - JUNE 4, 2017

**SPRING INTO
FITNESS!**

**TRY A GROUP
EXERCISE CLASS!**

AM	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			AM	SATURDAY		
	Studio A	Studio B	Cycle Studio	Studio A	Studio B	Cycle Studio	Studio A	Studio B	Cycle Studio	Studio A	Studio B	Cycle Studio	Studio A	Studio B	Cycle Studio		Studio A	Studio B	Cycle Studio
5:30	Body Step 45 minutes		Cycle 45 minutes	Power Sculpt 45 minutes			Body Step 45 minutes		Fusion 45 minutes	Body Pump 45 minutes					Cycle 45 minutes	7:45			Cycle 45 minutes
8:30	Fusion 1 hour		Fusion 1 hour			Cycle 45 minutes	Fusion 45 minutes		Fusion 45 minutes	Power Sculpt 8:45-9:30						8:30	Weekend Warrior 1 hour		
9:00					Go Lo PLUS 1 hour						Go Lo 45 minutes		CrossTrain 9:00-9:45 45 minutes	Yoga 1 hour		9:00			
9:30	Pilates Mix 1 hour			Body Pump 1 hour			Barre 9:15-10:15 Studios A & B	Barre 9:15-10:15 Studios A & B		Cross Train RUSH 30 minutes						9:30	Body Pump 1 hour	Barre 45 minutes	
10:00		ZUMBA Gold 45 minutes			Body Flow 1 hour			Yoga 1 hour			Body Flow 1 hour			ZUMBA Gold 45 minutes		10:00			
10:30	Moderate Fit 10:30-11:30 Stretch It! 11:30-11:45			ZUMBA 10:35-11:35			Moderate Fit 1 hour			Zumba 1 hour NEW CLASS!			Moderate Fit 10:30-11:30 Stretch It! 11:30-11:45			10:30	Body Flow 1 hour		
PM																PM	SUNDAY		
12:15			Cycle 45 minutes	Body Pump 45 minutes					Cycle 45 minutes	Body Pump 45 minutes					Cycle 45 minutes	1:15	Body Pump 1 hour		
4:30	Cross Train RUSH 30 minutes			Body Pump 1 hour			Cross Train RUSH 30 minutes			Body Pump 45 minutes	Body Flow 1 hour		Body Pump 1 hour			2:30	Body Step 2:15-3:00		
5:00	Cross Train RUSH 30 minutes	CXWORX 30 minutes					Cross Train RUSH 30 minutes												
5:30	Body Pump 45 minutes	Body Flow 1 hour	Cycle 45 minutes	Body Step 45 minutes			Body Pump 45 minutes	CXWORX 30 minutes	Cycle Challenge 6:00-7:00 1 hour	Cardio Jam 45 minutes	CXWORX 30 minutes					4:30	Yoga 1 hour		
6:15							Body Step EXPRESS 30 minutes	Barre 45 minutes		Body Pump 1 hour	Cardio Kick 45 minutes		<p>Youth ages 10-12 may participate with adult supervision. Must be 12 years or older to take part in Body Pump. All classes will end five minutes prior to the next scheduled class to allow classes to begin on time. Visit our website at www.ymcaroanoke.org</p>						
6:30	Cardio Jam 45 minutes	Barre 45 minutes		CXWORX 30 minutes															
7:00				ZUMBA 45 minutes				Yoga 1 hour											