

Rockaway YMCA Group Exercise: 5/14/16

MONDAY	CLASS	INSTRUCTOR	ROOM	THURSDAY	CLASS	INSTRUCTOR	ROOM
5:45-6:30am	Spin®	John	Spin Studio	5:35-6:30am	Spin®	Diana	Spin Studio
9:00-10:00am	Hatha Yoga	Ruth	Studio	9:00-9:50am	Zumba®	Alinne	Studio
10:10-11:00	Core Condition	Kevin/Leon	Studio	9:00-10:00am	Spin®	Alex	Spin Studio
11:10-12:00pm	Total Body	Leon	Studio	9:30 - 10:30am	Water Aerobics	Mary Lou	Pool
6:00-6:45pm	Spin®	Chris	Spin Studio	10:00-10:50am	Stretching	Alinne	Studio
7:00-7:45pm	Spin®	Chris	Spin Studio	11:00-11:50pm	Total Body Boxing	Kevin	Studio
6:00-6:50pm	Interval Bootcamp	Alex	Studio	12:00-1:00pm	Total Body Conditioning	Kevin	Studio
7:00-7:50pm	Total Body	Alex	Studio	5:30-6:00pm	Private Class	Katrina	Studio
8:00-8:50pm	Zumba®	Michelle	Studio	6:00-6:45pm	Core Condition	Katrina	Studio
9:00-9:45pm	Zumba®	Michelle	Studio	6:30-7:30pm	Spin®	Laura	Spin Studio
				7:00-8:15pm	Vinyasa Yoga	Tom	Studio
TUESDAY	CLASS	INSTRUCTOR	ROOM	7:00-8:00pm	Water Aerobics	Sounji	Pool
5:35-6:30am	Spin®	Diana	Spin Studio	8:30-9:30pm	Total Body Boxing	Kevin	Studio
8:00-8:50am	Stretching	Tom	Studio	FRIDAY	CLASS	INSTRUCTOR	ROOM
9:00-9:50am	Zumba®	Veronica	Studio	5:45-6:30am	Spin®	John	Spin Studio
9:00-9:55am	Spin®	Alex	Spin Studio	8:00 - 9:00am	Gentle Yoga	Ruth	Studio
9:30-10:30am	Water Aerobics	Sounji	Pool	9:00-9:45am	Chair Yoga	Ruth	Studio
10:00-10:50am	Interval Bootcamp	Alex	Studio	10:00-10:40am	Step	Annie	Studio
10:45-11:45am	Deep Water Aqua Exercise	Sounji	Pool	10:45-11:30am	Total Body Conditioning	Katrina	Studio
11:00-12:00pm	Foam Rolling	Alex	Studio	11:40-12:30pm	Core Training	Katrina	Studio
5:30-6:00pm	Private Class	Katrina	Studio	4:15-5:00pm	Fit Kids Ages 8-11	Katrina	Studio
6:00-6:50pm	Bootcamp	Katrina	Studio	6:00-6:50pm	Kettlebell	Declan	Studio
6:30-7:30pm	Spin®	Laura	Spin Studio	7:00-8:50pm	Bootcamp	Declan	Studio
7:00 - 8:15pm	Vinyasa Yoga	Tom	Studio	8:00-9:00pm	Zumba®	Lisa G	Studio
7:00-8:00pm	Water Aerobics	Sounji	Pool	SATURDAY	CLASS	INSTRUCTOR	ROOM
8:20-9:15pm	Boot Camp	Kevin	Studio	8:00-8:50am	Bfit (Total Body)	Barbara	Studio
WEDNESDAY	CLASS	INSTRUCTOR	ROOM	9:00-9:30am	Zumba Jrs Ages 3-6	Lisa G	Gymnasium
8:00-9:10am	Hatha Yoga	Ruth	Studio	9:30-10:15am	Zumba Kids® Ages 7-11	Lisa G	Gymnasium
9:15-10:00am	Chair Exercise	Annie	Studio	9:00-9:50am	Spin®	Barbara	Spin Studio
9:30-10:30	Water Aerobics	Justin	Pool	9:30-10:15am	Bootcamp	Katrina	Studio
10:10-11:00am	MasterFitness Complete™	Annie	Studio	10:00-10:50am	Spin®	Laura	Spin Studio
11:10-12:00pm	Kettlebell	Kevin	Studio	10:30-11:20am	Total Body Conditioning	Lisa G	Studio
5:00-5:45pm	Teen and Adult Spin	Diana	Spin Studio	11:45-12:45pm	Zumba®	Lisa G	Gymnasium
6:00-6:45pm	Spin®	Diana	Spin Studio	11:30-12:45pm	Tai Chi	David	Studio
6:00-6:50pm	Interval Bootcamp	Alex	Studio	SUNDAY	CLASS	INSTRUCTOR	ROOM
6:30-7:15pm	Zumba 101®	Lisa G	Multi Purpose	8:30-8:55am	Foam Rolling	Gabe	Studio
7:00-7:30pm	Stretching	Alex	Studio	9:00– 10:00am	Spin®	Diana/Laura	Spin Studio
7:40-8:30pm	Total Body	Lisa G	Studio	9:00-9:50am	Kettlebell	Gabe	Studio
8:40-9:30pm	Zumba®	Lisa G	Gymnasium	10:00-11:15am	Vinyasa Yoga	Tom	Studio
				11:15-12:30pm	Gentle Yoga	Tom	Studio
				12:30-1:30pm	Tai Chi	David	Studio