

Wednesday Nov 22

6:00 – 8:00AM Multipurpose Studio	Ashtanga Yoga: MYSORE Evan
7:00 – 8:00AM Group Ex. Studio	Circuit Training Lisa
9:00AM – 9:30M Group Ex. Studio	AOA Strength Training Larissa
9:15 – 10:15AM Mind/Body Studio	Pilates Mat Melissa
9:30 – 10:30AM Group Ex. Studio	AOA Cardio Conditioning Larissa
10:30 – 10:45AM Group Ex. Studio	AOA Stretch Larissa
10:45 – 11:45AM Mind/Body Studio	Feldenkrais Method Donna
11:00AM – 12PM Group Ex. Studio	Total Body Conditioning Cathy G.
12:00 – 1:30PM Mind/Body Studio	Iyengar Yoga Richard
12:15 – 1:00PM Spin Studio	Spin ® Cathy G.
12:30 – 1:30PM Group Ex. Studio	Pilates Mat Mike
5:20 – 6:25PM Mind/Body Studio	MELT Length & Strength ® Edya
5:30 – 5:25PM Group Ex. Studio	Total Body & Kettlebells Kathy
6:30 – 7:25PM Group Ex. Studio	Insanity ® Rael
7:30 – 8:30PM Multipurpose Studio	Kickboxing Rael
7:35 – 8:35PM Mind/Body Studio	Tai Chi Robert

Thursday Nov 23

9:00/9:15–10:00AM Spin Studio	Orientation / Spin ® Brian
10:00 – 10:55AM Group Ex. Studio	Pilates Mat Mike
10:00 – 11:30AM Mind/Body Studio	Iyengar Yoga Val
11:00AM – 12:00PM Group Ex. Studio	Boot Camp Cathy G.

Friday Nov 24

8:25 – 9:25AM Mind/Body Studio	Pilates Mat Jonathan U.
9:30 – 10:15AM Spin Studio	Spin ® Alex
9:30AM – 10:30M Group Ex. Studio	Barre Fusion Jonathan U.
10:35 – 11:30PM Group Ex. Studio	MELT ® Liz
12:00 – 1:00PM Group Ex. Studio	Pilates Mat Mike

Saturday Nov 25

10:30AM – 12:00PM Mind/Body Studio	Vinyasa Yoga ^ ☺ Jorge
11:05AM – 12:05PM Group Ex. Studio	Afro-Jazz Uniqua
11:30AM – 12:15PM Spin Studio	Spin ® Cathy G.
12:30– 1:25PM Group Ex. Studio	Total Body Conditioning Cathy G.
1:15 – 2:45PM Mind/Body Studio	Iyengar Yoga Richard
1:30 – 2:30PM Group Ex. Studio	Seido Karate Melvin
3:00 – 4:00PM Mind/Body Studio	Feldenkrais Method ^ Donna

Sunday Nov 26

10:00 – 10:55AM Group Ex. Studio	Total Body Conditioning Julia
11:00AM – 12:00PM Group Ex. Studio	Pilates Mat Mike
11:00AM – 12:00PM Spin Studio	Spin ® Julia
11:30AM – 1:00PM Mind/Body Studio	Iyengar Yoga Val
1:30 – 2:30PM Group Ex. Studio	Capoeira Professora Misil
4:00 – 5:30PM Mind/Body Studio	Vinyasa Yoga Jorge



WEST SIDE YMCA THANKSGIVING 2017 Group Exercise Schedule