



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WILLIS ROAD YMCA GROUP EXERCISE SCHEDULE



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

BEAST MODE 5:15-6:15 AM Kate		BEAST MODE 5:15-6:15 AM Kate		BEAST MODE 5:15-6:15 AM Kate		
MUSCLE HUSTLE 8:30-9:30 AM Alisa	CARDIO DANCE 8:30-9:30 AM Annie	MUSCLE HUSTLE 8:30-9:30 AM Alisa	ZUMBA 8:30-9:30 AM Brandi		BEAST MODE 9:30-10:30 AM Rotation	
YOGA 10:00-11:00 AM Becca	BARRE 9:45-10:45 AM Pamela	YOGA 10:00-11:00 AM Becca	RAISED BARRE 9:45-10:45 AM Annie	YOGA 10:00-11:00 AM Pamela	RAISED BARRE 9:45-10:45 AM Annie	
BEAST MODE 12:00-1:00 PM John	BEAST MODE 12:00-1:00 PM John	BEAST MODE 12:00-1:00 PM John	BEAST MODE 12:00-1:00 PM John	BEAST MODE 12:00-1:00 PM John		
		KETTLEBELL 12:00-12:30 PM Lori		KETTLEBELL 12:00-12:30 PM Lori		
		STEP EXPRESS 12:35-1:05 PM Lori		STEP EXPRESS 12:35-1:05 PM Lori		YOGA 3:30-4:45 PM Pamela/Annie
BEAST MODE 5:30-6:30 PM John	BEAST MODE 5:30-6:30 PM John	BEAST MODE 5:30-6:30 PM Mareike	BEAST MODE 5:30-6:30 PM Mareike			
STRENGTH INTERVAL 5:30-6:30 PM Pamela	YOGA 6:00-7:00 PM Becca	ZUMBA 6:00-7:00 PM Arista	CARDIO KICKBOXING 5:30-6:30 PM Pamela			