



MCBURNNEY Y GROUP FITNESS SCHEDULE

MONDAYS

START	END	CLASS	INST.	ROOM	LEVEL
8:00 AM	8:55 AM	Hatha Yoga	Kristin D	Studio 2	Open
9:00 AM	9:55 AM	Total Body Conditioning	Janine W	Studio 2	Int / Adv
9:40 AM	10:20 AM	Arthritis: PACE	Yasu S	Studio 1	Beginner
10:05 AM	11:30 AM	Iyengar Yoga	Richard J	Studio 2	Open
10:30 AM	11:20 AM	AOA* Strength Training	TBD	Studio 1	Beginner
12:00 PM	12:45 PM	Cycling	Michele B	Spin Studio	Open
12:00 PM	1:00 PM	Active Resistance Training (A.R.T.)	Leslie H	Studio 2	Open
12:30 PM	1:30 PM	Pilates Mat	Jacqueline A	Studio 1	Open
1:30 PM	2:30 PM	Barre Conditioning	Leslie H	Studio 2	Open
5:30 PM	6:15 PM	Cycling	Diane P	Spin Studio	Open
5:40 PM	6:30 PM	BodyART	Leslie H	Studio 1	Open
6:00 PM	7:30 PM	Walking Workout (Mar - Nov)	Ruth G	Lobby	Open
6:30 PM	7:30 PM	Interval Training	Adriane G	Gym	Int / Adv
6:30 PM	8:00 PM	Contemporary Ballet	Lori B	Studio 2	Open
6:40 PM	7:40 PM	Hatha Yoga	Karen B	Studio 1	Open
7:00 PM	7:45 PM	Aqua Exercise	Roseann B	Pool	Open

TUESDAYS

6:30AM	7:15AM	Cycling	John M	Spin Studio	Open
7:00 AM	8:00 AM	Tai-Chi	Roberto S	Studio 2	Open
9:00 AM	9:55 AM	NIA	Roger P	Studio 1	Open
9:05 AM	9:55 AM	Tabata + Core	Toni V	Studio 2	Int / Adv
10:00 AM	10:45 AM	Stretch & Release	Karen B	Studio 1	Open
10:55 AM	11:40 AM	Stretch & Release	Karen B	Studio 1	Open
10:30 AM	11:15 AM	Aquatic Exercise for Arthritis	Sam S	Pool	Beginner
11:30 AM	12:15 PM	Aqua Exercise	Sam S	Pool	Open
11:45 AM	1:00 PM	Qi Gong	Diana M	Studio 1	Open
12:00 PM	12:45 PM	Cycling	Sharon C	Spin Studio	Open
1:15 PM	2:15 PM	Deep Definitions SCULPT	Leslie H	Studio 1	Int / Adv
4:00 PM	5:15 PM	Iyengar Yoga	Brina G	Studio 2	Open
5:35 PM	6:25 PM	Groove	Leslie H	Studio 2	Open
6:00 PM	6:45 PM	Cycling	Jimmie B	Spin Studio	Open
6:15 PM	7:00 PM	Train Like An Athlete	Yanique N	Gym	Advanced
6:10 PM	6:55 PM	Barre Conditioning	Johanna D	Studio 1	Open
6:30 PM	7:15 PM	Deep Definitions SCULPT	Leslie H	Studio 2	Ill
7:20 PM	8:20 PM	ZUMBA	TBD	Studio 2	Advanced

WEDNESDAYS

7:00 AM	7:55 AM	Hatha/Vinyasa Yoga	Theresa H	Studio 2	Open
9:00 AM	9:45 AM	Total Body Conditioning	Leslie H	Studio 2	Open
9:00 AM	9:45 AM	AOA* Sitting Fit	Roseann B	Studio 1	Beginner
9:30 AM	11:00 AM	Walk Club	Ruth G	Meet in Lobby	Open
9:45 AM	10:30 AM	Total Body Conditioning	Leslie H	Studio 2	Open
9:50 AM	10:35 AM	AOA* Sitting Fit	Roseann B	Studio 1	Beginner
10:30 AM	11:15 AM	AOA* Cardio Conditioning	Leslie H	Studio 2	Beginner
10:45 AM	11:40 AM	Chair Yoga	Sharon C	Studio 1	Beginner
11:15 AM	12:00 PM	Groove	Leslie H	Studio 2	Beginner
11:30 AM	12:15 PM	Aqua Exercise	Sam S	Pool	Open
11:50 AM	12:45 PM	Gentle Yoga	Sharon C	Studio 1	Beginner
12:30 PM	1:15 PM	Tai Chi for Arthritis	Roberto S	Studio 2	Open
1:00 PM	2:30 PM	Tap Dance - Intermediate	Josh J	Studio 1	Int / Adv
1:30 PM	3:00 PM	Isadora Duncan - Basic	Lori B	Studio 2	Open
6:00 PM	6:45 PM	Pilates Mat	Huma M	Studio 2	Open
6:05 PM	6:50 PM	Deep Definitions SCULPT	Maddi M	Studio 1	Open
6:50 PM	7:45 PM	Hatha Yoga	Sharon C/Karen B	Studio 2	Open
7:00 PM	7:45 PM	Cycling	John M	Spin Studio	Open
7:00 PM	7:45 PM	Aqua Zumba	Yurie Y	Pool	Open
7:00 PM	8:30 PM	Classical Ballet - Absolute Begginer	Kati L	Studio 1	Beginner
7:45 PM	9:00 PM	Tap Dance - Basic	Kacey P	Studio 2	Open



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THURSDAYS

START	END	CLASS	INST.	ROOM	LEVEL
6:30 AM	7:15 AM	Cycling	Blake S	Spin Studio	Open
7:00 AM	8:00 AM	Tai-Chi	Roberto S	Studio 2	Open
7:30 AM	8:30 AM	ZUMBA	Yvonne P	Studio 1	Open
9:00 AM	10:30 AM	Iyengar Yoga	Martha G	Studio 2	Open
9:30 AM	10:15 AM	Pilates Mat	Jacqueline A	Studio 1	Open
10:30 AM	11:15 AM	Aquatic Exercise For Arthritis	Val H	Pool	Beginner
10:30 AM	11:30 AM	Cardio KickBoxing	Ryan G	Studio 1	Open
10:30 AM	12:00 PM	Isadora Duncan - Advanced Company	Faith K, et al	Studio 2	Int / Adv
11:30 AM	12:15 PM	Aquatic Exercise	Val H	Pool	Open
12:00 PM	1:00 PM	Vinyasa Yoga	Vanessa A	Studio 1	Int / Adv
12:00 PM	12:45 PM	Cycling	Michele B	Spin Studio	Open
3:45 PM	4:55 PM	Vinyasa Yoga	Theresa H	Studio 2	Open
6:00 PM	6:50 PM	Classical Ballet Barre -Open level	Faith K	Studio 1	Open
6:00 PM	6:45 PM	Cycling	Jimmie B	Spin Studio	Open
6:05 PM	7:00 PM	Circuit Training	Yanique N	Gym B	Open

FRIDAYS

7:00 AM	7:55 AM	Hatha Yoga	Yasu S	Studio 1	Int / Adv
7:45 AM	8:30 AM	Deep Definitions SCULPT	Roseann B	Studio 2	Open
9:30 AM	10:25 AM	Total Body Conditioning	Ryan G	Studio 2	Int / Adv
9:40 AM	10:20 AM	Arthritis: PACE	Roseann B	Studio 1	Beginner
10:30 AM	11:30 AM	AOA* Cardio Conditioning	Roseann B	Studio 1	Beginner
12:00 PM	12:45 PM	Cycling	Michele B	Spin Studio	Open
12:30 PM	1:15 PM	Core Training	Leslie H	Studio 1	Open
1:15 PM	2:00 PM	Deep Defintions SCULPT	Leslie H	Studio 1	Open
2:15 PM	3:15 PM	Gentle Yoga	Theresa H	Studio 1	Beginner
2:00 PM	3:30 PM	Classical Ballet- Open Level	Makiko S	Studio 2	Open
5:30 PM	6:45 PM	Hatha/Vinyasa Yoga	Theresa H	Studio 2	Open
6:30 PM	7:30 PM	Boot Camp	John M	Studio 1	Int / Adv
6:30 PM	7:15 PM	Aqua Exercise	Jon Q	Pool	Open

SATURDAYS

9:10 AM	10:25 AM	Step	Maddi M	Studio 2	Advanced
10:30 AM	11:15 AM	Interval Training	Ryan G	Studio 2	Int / Adv
11:00 AM	11:45 AM	Aqua Exercise	Val H	Pool	Open
11:15am	12:15PM	Tap Dance - Absolute Beginner	Liberty S	Studio 2	Open
11:30 AM	12:15 PM	Cycling	John M	Spin Studio	Open
11:50 AM	12:35 PM	Aqua Exercise	Val H	Pool	Open
12:30 PM	2:00 PM	Hatha Yoga	Karen B	Studio 2	Open
1:45 PM	2:45 PM	Cardio Jazz	Yvonne P	Studio 1	Open
2:15 PM	3:45 PM	Classiscal Ballet- Advanced Beginner	Kati L	Studio 2	Open
2:45 PM	3:15 PM	Core Training	Roger P	Studio 1	Open
3:30 PM	4:25 PM	Zumba	Johanna D	Studio 1	Open
4:30 PM	5:30 PM	Total Body Conditioning	Caroline B	Studio 1	Int / Adv

SUNDAYS

10:00 AM	10:45 AM	Cycling	Sharon C	Spin Studio	Open
11:30 AM	1:00 PM	Iyengar Yoga	Wendy B	Studio 1	Open
1:00PM	2:30PM	Tap Dance- Beginner	Andrew N	Studio 2	Open
1:15 PM	2:25PM	Classical Ballet- Absolute Beginner	Yurie Y	Studio 1	Open
2:30 PM	4:00PM	Classical Ballet- Intermediate	Yurie Y	Studio 2	Int / Adv
4:00 PM	4:45 PM	Pointe - Beginner	Yurie Y	Studio 2	Beginner
4:00 PM	5:30 PM	Hatha Yoga	Sharon C/Karen B	Studio 1	Open