

YWCA **MARCH** 2025 Group Ex Class Schedule

Hours of Operation: M-F 6:30am-8:00pm, Sat 7:00am-2:00pm, Sun closed

	Time	Class	Instructor	Location
Monday	8:00 AM 45 min. 9:00 AM 1 hr 9:15 AM 45 min. 10:15 AM 45 min 10:15 AM 1 hr. 5:30 PM 45 min 6:30 PM 1 hr.	NEW! Sit & Move Keep Movin' Walk This Way Sr. Strength Training Yoga Bells to Bands MixedFit®	Jimmi Jimmi Emma Emma Alexes Emma Mickey	Studio A Studio A Meet in the lobby Studio A Studio B Studio A Studio A
Tuesday	8:00 AM 45 min 9:00 AM 45 min 10:00 AM 45 min 11:00 AM 45 min 5:30 PM 45 min 6:30 PM 1 hr.	Get Your Sit On! Strong Stretch Balance Pom Poms Sr. Yoga Flex & Burn MixedFit®	Brigitte Emma Emma Lynn Emma Dee Dee	Studio A Studio A Studio A Studio A Studio A Studio A
Wednesday	8:00 AM 45 min 9:00 AM 45 min 9:15 AM 45 min 10:15 AM 1 hr. 10:30 AM 1 hr. 5:30 PM 1 hr. 6:00 PM 1 hr.	NEW! Sit & Move Sr. Strength Training HIIT (no class Mar19, 26) Chair Volleyball Yoga Pom Poms Hip-Hop Step Aerobics	Teresa Emma Teresa Emma Alexes Emma Jamita	Studio A Studio A Studio B Studio A Studio B Studio A Studio B
Thursday	8:00 AM 45 min 9:00 AM 45 min 9:00 AM 1 hr. 10:00 AM 45 min 5:30 PM 1hr.	Get Your Sit On! Floor to Standing Transitioning Tai Chi for Flexibility & Arthritis Sr. Yoga Weight Training 2.0 (no class Mar 20)	Brigitte Emma James Lynn Teresa	Studio A Studio B Studio A Studio A Fitness Center
Friday	8:00 AM 45 min 9:00 AM 1 hr. 10:15 AM 1 hr. 10:15 AM 45 min	Silver Sneakers Classic Keep Movin' Yoga (No class Mar 14) Functional Fitness	Constance Jimmi Ryan Teresa	Studio A Studio A Studio B Studio A
Saturday	10:00 AM 45 min 10:45 AM 45 min 11:00 AM 45 min	Full Body Blast (Mar 8, 22) Weight Training 2.0 (Mar 1, 15) Zumba	Emma Teresa Taylor	Studio A Studio B Studio A

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