



Wapakoneta Family YMCA Group Fitness Schedule

Winter I Session January 7-March 3

Open Studio Time 1-4pm Studio B

Monday

Studio A

Group Cycling- 5:45-6:30am- Colleen
Group Cycling-8:00-8:30am- Roberta H.
Strength Train Together- 9:00-10:00am- Colleen
Prime Time Fitness- 10:30-11:15am- Liz
Step Aerobics 5:30-6:15pm-Missy
Cross Training- 6:30-7:15pm- Cindy
Core Focus Together- 8:00-8:30pm-Kelly

Studio B

Hatha Yoga- 6:00-6:45am- Angie
Zumba- 9:10-9:55am- Jessica
Barre Fitness-10:00-10:45- Vera
SilverSneakers Classic- 11:30am-12:15pm-Liz
The Curvy Crew 5:30-6:00pm- Tammi
Hatha Yoga-6:30-7:30pm-Roberta P.
TRX Fitness-7:30-8:00pm-Kelly

GYM/OUTSIDE

Croxx Maxx- 5:00-7:00pm- Mike (gym)

Pool

PACE- 8:15-9:00am-Mercy/Robin
Aqua Cardio- 9:15-10:00am-Tammi

Tuesday

Studio A

Cross Training- 6:00-6:45am- Cindy B.
Cycle and Core- 8:00-9:00am- Colleen
Body Sculpt- 9:15-10:00am- Colleen

Tuesday cont'd

Studio A

Strength Train Together- 5:30-6:30pm-Charissa
PiYo- 6:45-7:30pm-Colleen
Turbo Kick-7:45-8:30pm- Colleen

Studio B

Senior Quickfit-8:15-8:45am- Roberta H.
Pilates- 9:00-9:45am-Roberta H.
SilverSneakers Circuit-10:15-11:00am-Beth
SilverSneakers Yoga-11:15-12:00pm- Roberta P.
Vinyasa Yoga- 4:30-5:15pm- Lexie
Zumba- 5:30-6:15pm- Lynne

Pool

Aqua Aerobics- 8:30-9:15am-Sandy
Aqua Flex & Flow- 9:15-10:00am- Sandy
Aqua Variety- 10:15-11:00am- Ann
Yoga Splash- 2:45-3:30pm- Elizabeth
Aqua Circuit- 6:15-7:00pm- Lexie

Wednesday

Studio A

Group Cycling- 8:00-8:30am-Roberta H.
Strength Train Together-9:00-10:00am-Roberta
Prime Time Fitness-10:30-11:15am- Liz
Step Aerobics 5:30-6:15pm-Missy
Cross Training 6:30-7:15pm- Cindy
Strength Train Together- 7:30-8:30pm-Kelly



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Wednesday cont'd

Studio B

Hatha Yoga– 6:00–6:45am–Angie

Zumba– 9:10–9:55am–Jessica

Barre Fitness–10:00–10:45am– Vera

SilverSneakers Classic–10:50–11:35am– Vera

Hatha Yoga– 6:30–7:30pm– Roberta P

Pool

PACE– 8:15–9:00am–Mercy/Robin

Aqua Cardio– 9:15–10:00am–Tammi

Thursday

Studio A

Cross Training– 6:00–6:45am– Cindy

Cycle & Core– 8:00–8:45am– Sarah

Pilates– 9:00–9:45am– Roberta H.

Core Focus Together– 10:00–10:30am–Kristel

Strength Train Together– 5:30–6:30pm– Charissa

Group Cycling 6:45– 7:30pm– Colleen

Core Focus Together– 7:35– 8:05pm–Colleen

Studio B

Senior Quickfit– 8:15–8:45am–Roberta H

TRX Group Fitness– 9:00–9:45am– Lexie

SilverSneakers Classic–10:15–11:00am–RobertaP.

Vinyasa Yoga– 4:30–5:15pm– Lexie

Thursday cont'd

Pool

Aqua Aerobics– 8:30–9:15am–Sandy

Aqua Flex & Flow– 9:15–10:00am– Sandy

Aqua Variety– 10:15–11:00am– Ann

Yoga Splash– 2:45–3:30pm– Elizabeth

Aqua Circuit– 6:15–7:00pm– Lexie

Friday

Studio A

Pilates– 9:00–9:45am– Lindsay

Studio B

Cardio Dance– 9:00–9:45am– Vera

Barre Fitness– 9:45–10:30am– Vera

SilverSneakers Yoga– 10:35–11:20am– Vera

Pool

PACE– 8:15–9:00am–Robin

Saturday

Studio A

Turbo Kick– 8:00–8:45am– Colleen

PiYo– 9:00–9:45am– Colleen

Group Cycling– 10:00–10:45am– Colleen

Sunday

Studio A

Strength Train Together– 1:00–2:00pm–Colleen

Core Focus Together– 2:15–2:45 pm– Colleen