



ONSITE GROUP EXERCISE SCHEDULE November 2021

NEW classes are highlighted

LOCATION MBS = Mind/Body Studio SB = Studio Beat OC = Odyssey Center CS = Cycle Studio TRK = Indoor Track

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	Cycle+ (plus) CS - Nora	BODYPUMP™ SB - Giovanna		BODYPUMP™ SB - Giovanna	CoreBlast MBS - Giovanna	
6:00a	Barre SB - Susan				Barre SB - Susan	
6:30a	Cycle+ (plus) CS - Nora		RPM™ Cycle CS - Giovanna		Cycle & Core CS - Jodi	
7:15a						Cycle+ (plus) CS - Nora
7:30a		BODYPUMP™ SB - Jillian		BODYPUMP™ SB - Jillian		BODYPUMP™ SB - Mariah/Denise
8:00a						Power Yoga MBS - Joanne/Christina
8:30a	All Level Cycle CS - Gary				All Level Cycle CS - Gary	POUND® SB - Amy
8:45a	BODYCOMBAT™ SB - Corrine					
9:00a	Pilates MBS - Sarah	SHIIFT OC - Corrine	Barre SB - Susan	SHIIFT OC - Corrine	Barre SB - Susan	9:35a - Zumba® SB - Stephani R.K./Gemma
		Zumba® SB - Caroline		Zumba® SB - Caroline	All Level Yoga MBS - Lenny	
10:00a	Cardio Sculpt SB - Linda		Carido Sculpt SB - Linda		Zumba® Gold SB - Caroline	
	Pilates MBS - Sarah					
11:00a	Walk with Ease *Session Starts 11/15 *Program registration required TRK - Keri		Walk with Ease *Session Starts 11/15 *Program registration required TRK - Keri		Walk with Ease *Session Starts 11/15 *Program registration required TRK - Keri	
11:15a	Senior Strength & Balance SB - Linda	Gentle Yoga SB-Linda	Senior Strength & Balance SB-Andrea	Gentle Stretch & Strength MBS - Linda	Senior Strength & Balance SB - Rotation	
12:30p					Zumba® Stars SB - Caroline	
4:30p		BODYCOMBAT™ SB - Corrine	GRIT™ Cardio OC - Corrine	Cycle CS - Andrea	THE WEEKLY WILDCARD WORKOUT RETURNS! See flyer for details and register in MindBody	
5:00p			Strength & Core OC - Corrine			
5:30p	POUND® SB - Cheryl	BODYPUMP™ SB - Denise/Mariah	Power Cycle CS - Gary	POUND® SB - Jill		
			Barre MBS - Kayoko	Power Yoga MBS - Christina		
6:00p	Cycle CS - Andrea	Power Yoga MBS - Joanne				
6:35p	Zumba® SB - Stephani R.K.		Stretching & Pressure Points MBS - Kayoko	Zumba® SB - Gemma		

For a list of Virtual Classes please see the reverse side



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL GROUP EXERCISE SCHEDULE November 2021

Classes highlighted in YELLOW are available virtually on Zoom Meetings <https://us02web.zoom.us/j/81443794741> Click Join Meeting and enter Meeting ID 814 4379 4741 in window titled "Join" on your Zoom page or click the link in the class schedule from the Exeter Area YMCA website or MindBody schedule.

Classes highlighted in GREEN are available virtually on Zoom Meetings <https://us02web.zoom.us/j/87056973806> Click Join Meeting and enter Meeting ID 870 5697 3806 in window titled "Join" on your Zoom page or click the link in the class schedule from the Exeter Area YMCA website or MindBody schedule.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a					Barre Susan <i>LIVE class offered Virtually</i>		
8:00a	Strength Training Stephanie P.		Strength Training Stephanie P.		Strength Training Stephanie P.	Power Yoga Joanne/Christina <i>LIVE class offered Virtually</i>	
8:15a							BODYFLOW™ Jodi
9:00a	Pilates Sarah <i>LIVE class offered Virtually</i>				Yoga Lenny <i>LIVE class offered Virtually</i>		
9:15a		Vinyassa Flow Carrie/Jolie					
11:15a	Senior Strength & Balance Linda <i>LIVE class offered Virtually</i>	Gentle Yoga Linda <i>LIVE class offered Virtually</i>	Strong & Steady Molly <i>LIVE class offered Virtually</i>	Gentle Stretch & Strength Linda <i>LIVE class offered Virtually</i>	Strong & Steady Molly		
5:30p			Barre Kayoko <i>LIVE class offered Virtually</i>	Power Yoga Christina <i>LIVE class offered Virtually</i>			
6:00p		Power Yoga Joanne <i>LIVE class offered Virtually</i>					
6:30p			Stretching & Pressure Points Kayoko <i>LIVE class offered Virtually</i>				

For a complete list of Live Classes please see the reverse side