

WALLINGFORD FAMILY YMCA GROUP EXERCISE SCHEDULE

MONDAY

EAST SIDE	WEST SIDE	VIRTUAL
	6:00-6:45AM Les Mills BodyPump Sue [A]	
8:00-8:45AM Lo Impact Cardio Kathy P [G]	8:00-9:00AM Yoga Cathy [A]	
9:15-10:15AM Chair Yoga George [G]	9:15-10:00AM Cardio/Strength Mix Fee [A]	
10:00-10:45AM Water Aerobics Sue [LP]		
		12:00-1:00PM Lunch Bunch Sweat Squad Fee [Z]
	1:00-1:45PM Zumba Gold Kathy [A]	
	4:30-5:15PM Core, Cardio & More Cat [A]	4:30-5:15PM Core, Cardio & More Cat [Y]
5:45-6:30PM Muscle Max Tricia P [X]	5:30-6:30PM Spinning Kim [A]	

TUESDAY

EAST SIDE	WEST SIDE	VIRTUAL
	5:15-6:00AM Spinning Carl [A]	
8:00-8:45AM Aqua Fit Sue [LP]		
8:00-9:00AM Group Resistance Kathy P [G]		
9:15-10:15AM SS Sneakers Masters Kathy P [G]		
10:00-10:45AM SS Sneakers Splash Phyllis [LP]		
		12:00-1:00PM Lunch Bunch Sweat Squad Fee [Z]
	12:30-1:15PM Spinning Jim [A]	
		4:30-5:30PM Tread & Shred Cat [Y]
5:45-6:30PM Workout of the Day Tricia P [X]	5:00-5:45PM P90X Candice [A]	
6:45-7:30PM Mindfulness for Muscles Maura [X]	6:00-6:45PM Les Mills BodyPump Candice [A]	6:45-7:30PM Mindfulness for Muscles Maura [Z]
7:30-9:00PM Shotokan Karate Maura [X]	7:00-8:00PM Yoga George [A]	7:30-9:00PM Shotokan Karate Maura [Z]

WEDNESDAY

EAST SIDE	WEST SIDE	VIRTUAL
	6:00-6:45AM Spinning Sue [A]	
8:00-8:45AM Lo Impact Cardio Kathy P [G]	8:00-9:00AM Yoga Christina [A]	
9:15-10:00AM Tai Chi George [X]	9:30-10:30AM Les Mills BodyPump Lisa [A]	
10:00-10:45AM Water Aerobics Sue [LP]		
	11:00AM-12:00PM Lo Impact Cardio & Strength Lisa [A]	12:00-1:00PM Lunch Bunch Sweat Squad Fee [Z]
	1:00-2:00PM SS Sneakers Classic Phyllis [A]	
	4:30-5:15PM PiYo Candice [A]	
	5:30-6:30PM Spinning Kim [A]	

THURSDAY

EAST SIDE	WEST SIDE	VIRTUAL
	5:15-6:00AM Spinning Carl [A]	
8:00-8:45AM Aqua Fit Sue [LP]		
8:00-9:00AM Group Resistance Kathy P [G]	8:00-9:00AM Yoga Cathy [A]	
9:15-10:15AM SS Sneakers Masters Kathy P [G]	9:30-10:30AM Interval Training Lisa [A]	
10:00-10:45AM SS Sneakers Splash Phyllis [LP]		
		12:00-1:00PM Lunch Bunch Sweat Squad Fee [Z]
	12:30-1:15PM Spinning Jim [A]	
		4:30-5:30PM Cardio HIIT Cat [Y]
5:45-6:30PM Tone & Trim Tricia P [X]	5:15-6:15PM Les Mills BodyPump Tina N [A]	
6:45-7:30PM Mindfulness for Muscles Maura [X]	6:30-7:30PM Zumba Jenni [A]	6:30-7:30PM Zumba Jenni [Y]
7:30-9:00PM Shotokan Karate Maura [X]		6:45-7:30PM Mindfulness for Muscles Maura [Z]
		7:30-9:00PM Shotokan Karate Maura [Z]

LOCATION KEY

EAST SIDE	WEST SIDE	VIRTUAL
[CR] Community Room	[A] Aerobics Studio	[Y] Y Wellness 24/7
[G] Gym	[G] Gym	[Z] Zoom
[LP] Lap Pool		
[X] Group Exercise		



CLASS TYPES	BeachBody	Les Mills	Silver Sneakers	Spinning	Water Aerobics	Yoga	Zumba
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WALLINGFORD FAMILY YMCA GROUP EXERCISE SCHEDULE

FRIDAY

EAST SIDE	WEST SIDE
	5:15-6:00AM Spinning Sheryl [A]
	6:15-7:00AM Les Mills BodyPump Sue [A]
8:00-8:45AM Lo Impact Cardio Kathy P [G]	8:00-9:00AM Yoga Christina [A]
9:00-9:45AM Flexibility & Strength Kathy P [G]	9:30-10:30AM Zumba Gold Kathy [A]
10:00-10:45AM Water Aerobics Sue [LP]	
1:00-2:00PM Chair Yoga George [G]	1:00-1:45PM Zumba Gold Kathy [A]
5:30-6:30PM Workout of the Day Tricia P [X]	5:30-6:15PM Yoga Christina [A]

SATURDAY

WEST SIDE	VIRTUAL
7:10-8:10AM Spinning Kim [A]	
9:30-10:30AM Les Mills BodyPump Candice [A]	
9:45-10:30AM Yoga George [G]	
10:45-11:30AM Mindfulness for Muscles Maura [A]	10:45-11:30AM Mindfulness for Muscles Maura [A]
11:30AM-12:30PM Shotokan Karate Maura [A]	11:30AM-12:30PM Shotokan Karate Maura [A]
1:00-2:00PM Zumba Kim R. [A]	

SUNDAY

WEST SIDE	VIRTUAL
8:00-9:00AM Spinning Kim [A]	
9:15-10:15AM Zumba Jenni [A]	9:15-10:15AM Zumba Jenni [Y]
9:30-10:30AM Yoga George [G]	
10:30-11:30AM Les Mills BodyPump Lisa [A]	
1:00-2:00PM Zumba Kim R. [A]	

CHILD WATCH

EAST SIDE	WEST SIDE
Monday 4:30-7:30PM	Monday 4:30-7:30PM
Tuesday CLOSED	Tuesday CLOSED
Wednesday 4:30-7:30PM	Wednesday 4:30-7:30PM
Thursday CLOSED	Thursday 4:30-7:30PM
Friday CLOSED	Friday CLOSED
Saturday CLOSED	Saturday 8:00-11:30AM
Sunday 8:30-11:30AM	Sunday CLOSED

PLEASE NOTE: While we do everything to ensure accuracy, this schedule is subject to change. Visit our website or use our app for the most current schedule.

HOW TO USE ZOOM	
Step 1	Open your web browser
Step 2	Go to join.zoom.us
Step 3	Enter your Meeting ID Lunch Bunch 521-967-6068 Karate & Mindfulness 955-430-5900
Step 4	Click Join
Step 5	Enter Password Lunch Bunch 264416 Karate & Mindfulness SenseiWay
Step 6	Have fun!

LOCATION KEY

EAST SIDE	WEST SIDE	VIRTUAL
[CR] Community Room	[A] Aerobics Studio	[Y] Y Wellness 24/7
[G] Gym	[G] Gym	[Z] Zoom
[LP] Lap Pool		
[X] Group Exercise		

GROUP EXERCISE CLASS POLICIES

You must bring your own mat
Registration is **REQUIRED** for in-person fitness classes
Register for classes at www.wallingfordymca.org
Room capacity & equipment availability limits class size

HOW TO USE Y WELLNESS 24/7	
Step 1	Register at ywellness247.org
Step 2	Sign in at well.burnalong.com
Step 3	Find class under 'Y Wellness 24/7 - Live'
Step 4	Click Join Class
Step 5	Have fun!

CLASS TYPES	BeachBody	Les Mills	Silver Sneakers	Spinning	Water Aerobics	Yoga	Zumba
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