



# FITNESS SCHEDULE

EFFECTIVE JANUARY 13, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Early Morning	5:30am – 6:05am H.I.I.T Tracy W. / Jamie	5:45am – 6:30am Spinning / Cheryl	5:30am – 6:05am Total Body Strength / Tracy W.	5:45am – 6:30am Spinning & Sculpt / Hannah	6am -6:45am Themed Spin Rides / Tracy	
	6:15am – 7:15am Body Basics / Barb	6:30am – 7:05am H.I.I.T / Amanda	6:15am – 7:15am Body Basics / Barb	6:30am – 7:05am H.I.I.T / Amanda	6:15am – 7:15am Body Basics / Barb	
	<b>*NEW*</b> 7:15am – 8am Spinning / Nicole	<b>*NEW*</b> 8am – 8:45am Step & Sculpt / Heather		<b>*NEW*</b> 8am – 8:45am Step & Sculpt / Heather		
Morning	8:00am – 8:45am Total Body Strength / Brandy	8:00am – 8:45am Fit For Life / Renee	8:00am – 8:45am Total Body Strength / Brandy	8:00am – 8:45am Fit For Life / Misti	8:00am – 8:45am Total Body Strength / Kelly	
	9:15am – 10:15am Waterworks / Misti	9:00am – 10:00am Gentle Yoga / Hilda	9:15am – 10:15am Waterworks / Kris	9:00am – 10:00am Gentle Yoga / Hilda	9:15am – 10:15am Waterworks / Renee	8:30am -9:30am <b>Sunday Yoga / Amanda</b>
	9:15am – 10:00am Pilates Fusion / Amanda	9:15am – 10:00am H.I.I.T / Tracy W.	9:15am – 10:00am Barre Pilates Fusion / Amanda	9:15am – 10:00am H.I.I.T / Brandy	9:15am – 10:00am Barre Fusion / Amanda	9:15am <b>Saturday</b> Instructors Choice 45min – 1 hr.
	9:15am – 10:00am Spinning / Kelly H.		9:15am – 10:00am Spinning / Brandy		9:15am – 10:00am Step Aerobics / Heather	
		10:30am – 11:30am Chair Fusion & Mobility / Hilda	10:15am – 11:15am Vinyasa Yoga / Amanda	10:30am – 11:30am Chair Fusion & Mobility / Hilda	10:15am – 11:15am Vinyasa Yoga / Susan	
	10:30am – 11:30am Forever Fit / Kate		10:30am – 11:30am Forever Fit / Debra		10:30am – 11:30am Forever Fit / Robin	
Afternoon/ Evening		12:15pm – 1:00pm Total Body Strength / Kelly H.	12:15pm – 1:00pm Spinning / Renee	12:15pm – 1:00pm Total Body Strength / Brandy		
		5:30pm – 6:15pm Kickboxing/Cardio Boxing Jamie/Hannah		5:30pm – 6:15pm Total Body Strength/ Tracy W		
	5:30pm – 6:15pm Total Body Fusion / Camille	5:30pm – 6:15pm Spinning Brandy/Jamie	5:30pm – 6:15pm Zumba/ Camille	5:30-6:15pm Spinning / Jamie.		
			6:30pm – 7:15pm Surge Strength / Claire			
	6:30pm – 7:30pm Vinyasa Yoga / Susan P.	6:30-7:05pm HIIT / Jamie	6:30pm – 7:30pm Restorative Yoga / Hilda	6:30-7:05pm UJam / Claire		
		7:15pm-8:15pm Water Works / Kris		7:15pm – 8:15pm Water Works / Kris		

**Virtual Classes: Join our Tri Cities Family Y Fitness Private Page! We have an archive of great classes and 3 new classes weekly.**

**Fitness Classes are Free to Members**

Non-member drop-in fee/ \$15 visit.

Classes with low attendance are subject to cancellation.

Any changes to schedule will be posted on the Y website and Facebook page.