



FITNESS SCHEDULE

EFFECTIVE APRIL 12, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Early Morning	5:30am – 6:05am H.I.I.T / Tracy W.		5:30am – 6:05am Total Body Strength / Brandy			
	6:15am – 7:15am Body Basics / Barb	5:45am – 6:30am Spinning / Cheryl	6:15am – 7:15am Body Basics / Barb	5:45am – 6:30am Spinning & Sculpt / Hannah	6:15am – 7:15am Body Basics / Barb	
		6:30am – 7:05am H.I.I.T / Amanda		6:30am – 7:05am H.I.I.T / Amanda		
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	8:30am -9:30am Sunday Yoga / Amanda
	9:15am – 10:00am Spinning / Kelly	9:00am – 10:00am Gentle Yoga / Hilda	9:15am – 10:00am Spinning / Tracy R.	9:00am – 10:00am Gentle Yoga / Hilda	*NEW* 9:15am – 10:00am Cardio Ball Drumming / Robin	
	9:15am – 10:00am Pilates Fusion / Amanda	9:15am – 10:00am H.I.I.T / Tracy W.	9:15am – 10:00am H.I.I.T / Brandy	9:15am – 10:00am H.I.I.T / Brandy	9:15am – 10:00am Barre Fusion / Amanda	9:15am – 10:00am Saturday Instructor's Choice
			10:15am – 11:15am Vinyasa Yoga / Amanda		10:15am – 11:15am Vinyasa Yoga / Susan P.	
	10:30am – 11:30am Forever Fit / Brandy	10:30am – 11:30am Chair Yoga / Hilda	10:30am – 11:30am Forever Fit / Tracy R.		10:30am – 11:30am Forever Fit / Robin	
		12:15pm – 1:00pm Total Body Strength / Kelly	12:15pm -1:00pm Spinning / Renee	12:15pm – 1:00pm Total Body Strength / Brandy		
Afternoon/ Evening						
		NEW 5:00pm – 5:30pm My Grown-up and Me / Tracy				
	5:30pm – 6:15pm Total Body Fitness / Camille	5:30pm – 6:15pm Spinning / Jamie	5:30pm – 6:15pm Zumba/ Camille	5:30pm – 6:15pm Total Body Strength/ Tracy W.		
	6:30pm – 7:30pm Vinyasa Yoga / Susan P.		6:30pm – 7:30pm Hatha Yoga / Hilda			

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.