



# FITNESS SCHEDULE

EFFECTIVE JULY 5<sup>TH</sup>, 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 / Tracy W.	5:45am – 6:30am Spinning & Sculpt / Hannah		
	6:15am – 7:15am Body Basics / Barb	<b>*NEW*</b> 6:30am – 7:05am Outdoor 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> 8:00am – 8:45am Pilates Barre Fusion / Stephanie				
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 – 10:00am Spinning / Kelly	9:00am – 10:00am Gentle Yoga / Hilda	9:15am – 10:00am Spinning / Brandy	9:00am – 10:00am Gentle Yoga / Hilda	<b>*NEW TIME*</b> 9:30am – 10:15am Cardio Drumming / Robin	8:30am -9:30am Sunday Yoga / Amanda
	9:15am – 10:00am Pilates Fusion / Amanda	9:15am – 10:00am H.I.I.T / Tracy W.	<b>*NEW*</b> 9:15am – 10:00am Total Body Fusion / Stephanie	9:15am – 10:00am H.I.I.T / Brandy	9:15am – 10:00am Barre Fusion / Amanda	8:30am – 9:15am Saturday Instructors Choice
			10:15am – 11:15am Vinyasa Yoga / Amanda		10:15am – 11:15am Vinyasa Yoga / Various	
	10:30am – 11:30am Forever Fit / Brandy	10:30am – 11:30am Chair Yoga / Hilda	10:30am – 11:30am Forever Fit / Stephanie		10:30am – 11:30am Forever Fit / Robin	
		12:15pm – 1:00pm Total Body Strength / Kelly			12:15pm – 1:00pm Total Body Strength / Brandy	
Afternoon/ Evening						
	5:30pm – 6:15pm Total Body Fusion / Camille		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.