



FITNESS SCHEDULE

EFFECTIVE NOVEMBER 13TH, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Early Morning	5:30am – 6:05am H.I.I.T / Tracy W.	5:45am – 6:30am Spinning / Cheryl	5:30am – 6:05am Total Body Strength / Tracy W.	5:45am – 6:30am Spinning & Sculpt / Hannah		
	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	
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 – 10:15am 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	
	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 Saturday Instructors Choice 45min – 1 hr.
	9:15am – 10:00am Spinning / Kelly H.		9:15am – 10:00am Spinning / Brandy		9:15am – 10:00am Step Aerobics / Jen	
		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 / Brandy		10:30am – 11:30am Forever Fit / Debra		10:30am – 11:30am Forever Fit / Robin	
Afternoon/ Evening	12:15pm – 1:00pm Yoga Flow / Koko	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 Circuit/Cardio Boxing Erica/Hannah		1:30pm – 2:15pm Cardio Drumming Robin		
	5:30pm – 6:15pm Total Body Fusion / Camille	5:30pm – 6:15pm Spinning/Jamie	5:30pm – 6:15pm Zumba/ Camille	5:30pm – 6:15pm Total Body Strength/ Tracy W.		
				NEW 5:30-6:15pm Spinning / Nicole		
	6:30pm – 7:30pm Vinyasa Yoga / Susan P.	6:30-7:05pm H.I.I.T / Jamie	6:30pm – 7:30pm Hatha Yoga / Hilda	*NEW* 6:30-7:15pm HIIT / Lindsay		
		7:15pm – 8:15pm Waterworks / Kris		7:15pm – 8:15pm Waterworks / 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.

nt (flotation belts, barbells and water logs) for a great water workout. Pool