

Sunbury YMCA Group Exercise Schedule – May 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|
| <p><u>NEW</u> Les Mills Formats beginning May 1st: BodyCombat™ • BodyFlow™ GRIT™ • Cx Works™ BodyStep™ • Tone™ Sprint™ (cycling) <u>Coming Soon:</u> BodyAttack™ • Sh'Bam™</p> | | 5/1 | 5/2 | 5/3 | 5/4 |
| <p>5:45AM Step Roni 7:45 BodyPump™ Melanie 9:00 Pilates Gayle 10:00 ZUMBA@ Melanie Noon Fitness Fusion Adrienne 4:30PM P90x LIVE@ Mel B 5:30 ZUMBA@ Alison 6:30 BodyPump™ Amy T</p> | <p>5:45AM Cybex@ Circuit Christine 9:00 Core De Force@ Nichole 10:00 BodyFlow™ Stacy 4:30PM Pilates Danielle 5:15 Kickboxing Eric 5:30 STRONG@ Melanie 6:30 BodyFlow™ Amy T</p> | <p>5:45AM Totally Tabata Sheila P 7:45AM Yoga Gayle (Rachel's Gym) 9:00AM Kickboxing Eric 9:00 ZUMBA@ Carissa 10:00 Barre Melanie Noon Step Roni 4:30PM BodyPump™ Adrienne 5:15 Kickboxing Eric 5:30 PIYo LIVE@ Mel B</p> | <p>6:15AM BodyFlow™ Stacy (30 mins) 9:00AM BodyPump™ Nichole 10:00 ZUMBA@ Nichole 5:00PM GRIT™ Cardio Stacy 5:30 BodyCombat™ Stacy 6:00 Cybex@ Circuit Maggie</p> | <p>5:45AM GRIT™ Cardio / CX Works™ Jeanne 9:00 ZUMBA@ Nichole Noon BodyPump™ Adrienne</p> | <p>8:15AM Core De Force@ Nichole</p> |
| 6 | 7 | 8 | 9 | 10 | 11 |
| <p>5:45AM Step Roni 7:45 BodyPump™ Melanie 9:00 Pilates Gayle 10:00 ZUMBA@ Melanie Noon Fitness Fusion Adrienne 4:30PM P90x LIVE@ Mel B 5:30 ZUMBA@ Alison 6:30 BodyPump™ Amy T</p> | <p>5:45AM Cybex@ Circuit Christine 9:00 Core De Force@ Nichole 10:00 BodyFlow™ Stacy 4:30PM Pilates Danielle 5:15 Kickboxing Eric 5:30 STRONG@ Melanie 6:30 BodyFlow™ Amy T</p> | <p>5:45AM Totally Tabata Sheila P 7:45AM Yoga Gayle (Rachel's Gym) 9:00AM Kickboxing Eric 9:00 ZUMBA@ Carissa 10:00 Barre Melanie Noon BodyStep™ Stacy 4:30PM BodyPump™ Adrienne 5:15 Kickboxing Eric 5:30 PIYo LIVE@ Mel B</p> | <p>6:15AM CX Works™ Stacy (30 mins) 9:00AM BodyPump™ Melanie 10:00 ZUMBA@ Melanie 5:00PM GRIT™ Athletic Stacy 5:30 BodyCombat™ Stacy 6:00 Cybex@ Circuit Maggie</p> | <p>5:45AM GRIT™ Strength / BodyFlow™ Stacy 9:00 ZUMBA@ Nichole Noon BodyPump™ Adrienne</p> | <p>8:15AM Les Mills Mash Up Group Exercise Room ----- 9:15AM SPRINT™ Cycling Room Stacy</p> |
| 13 | 14 | 15 | 16 | 17 | 18 |
| <p>5:45AM Totally Tabata Roni 7:45 BodyPump™ Melanie 9:00 Pilates Gayle 10:00 ZUMBA@ Melanie Noon Fitness Fusion Adrienne 4:30PM P90x LIVE@ Mel B 5:30 ZUMBA@ Alison 6:30 BodyPump™ / CX Works™ Stacy</p> | <p>5:45AM Cybex@ Circuit Christine 9:00 STRONG@ Melanie 10:00 BodyFlow™ Adrienne 4:30PM Pilates Danielle 5:15 Kickboxing Eric 5:30 TurboKick@ Bria 6:30 BodyFlow™ Amy T</p> | <p>5:45AM BodyPump™ Sheila P 7:45AM Yoga Gayle (Rachel's Gym) 9:00AM Kickboxing Eric 9:00 ZUMBA@ Carissa 10:00 Barre Melanie Noon Step Roni 4:30PM BodyPump™ Adrienne 5:15 Kickboxing Eric 5:30 PIYo LIVE@ Mel B</p> | <p>6:15AM BodyFlow™ Stacy (30 mins) 9:00AM BodyPump™ Nichole 10:00 ZUMBA@ Nichole 5:00PM GRIT™ Strength Stacy 5:30 BodyCombat™ / CX Works™ Stacy 6:00 Cybex@ Circuit Maggie</p> | <p>5:45AM GRIT™ Athletic / CX Works™ Stacy 9:00 ZUMBA@ Nichole Noon BodyPump™ Adrienne</p> | <p>8:15AM Les Mills Mash Up Stacy</p> |
| 20 | 21 | 22 | 23 | 24 | 25 |
| <p>5:45AM Step Roni 7:45 BodyPump™ Melanie 9:00 Pilates Gayle 10:00 ZUMBA@ Melanie Noon Fitness Fusion Adrienne 4:30PM P90x LIVE@ Mel B 5:30 ZUMBA@ Alison 6:30 BodyPump™ Amy T</p> | <p>5:45AM Cybex@ Circuit Christine 9:00 STRONG@ Melanie 10:00 BodyFlow™ Adrienne 4:30PM Tone™ Stacy 5:15 Kickboxing Eric 5:30 Core De Force@ Bria 6:30 BodyFlow™ Amy T</p> | <p>5:45AM Totally Tabata Sheila P 7:45AM Yoga Gayle (Rachel's Gym) 9:00AM Kickboxing Eric 9:00 ZUMBA@ Carissa 10:00 Barre Melanie Noon BodyStep™ Stacy 4:30PM BodyPump™ Adrienne 5:15 Kickboxing Eric 5:30 PIYo LIVE@ Mel B</p> | <p>6:15AM CX Works™ Stacy 9:00AM BodyPump™ Nichole 10:00 ZUMBA@ Nichole 5:00PM GRIT™ Cardio Stacy 5:30 Les Mills Mash Up Stacy 6:00 Cybex@ Circuit Maggie</p> | <p>5:45AM GRIT™ Strength / BodyFlow™ Stacy 9:00 ZUMBA@ Nichole Noon BodyPump™ Adrienne</p> | <p>8:15AM BodyPump™ / BodyFlow Adrienne</p> |
| 27 | 28 | 29 | 30 | 31 | |
| <p>Memorial Day CLOSED</p> | <p>5:45AM Cybex@ Circuit Christine 9:00 Les Mills Mash Up Stacy 10:00 BodyFlow™ Adrienne 4:30PM Pilates Danielle 5:15 Kickboxing Eric 5:30 TurboKick@ Bria 6:30 BodyFlow™ Amy T</p> | <p>5:45AM BodyPump™ Sheila P 7:45AM Yoga Gayle (Rachel's Gym) 9:00AM Kickboxing Eric 9:00 ZUMBA@ Carissa 10:00 Barre Adrienne Noon BodyStep™ Stacy 4:30PM BodyPump™ Stacy 5:15 Kickboxing Eric 5:30 PIYo LIVE@ Mel B</p> | <p>6:15AM BodyFlow™ Stacy (30 mins) 9:00AM BodyPump™ Nichole 10:00 ZUMBA@ Nichole 5:00PM GRIT™ Athletic Stacy 5:30PM BodyCombat™ Stacy 6:00 Cybex@ Circuit Maggie</p> | <p>5:45AM GRIT™ Cardio / CX Works™ Jeanne 9:00 ZUMBA@ Nichole Noon BodyPump™ Stacy</p> |  |