



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

August 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:30-9:00am
Circuit Training
Alex-Gym

9:00-9:30am
HIIT Cycle*
Shelly-Cycling Room

5:15-6:00am
Cycling
Michelle-Cycling Room

8:30-9:30am
HIIT Cycle*
Shelly-Cycling room

8:30-9:15am
Circuit Training
Jenni-Gym

8:30-9:00am
HIIT Cycle*
Haley-Cycling Room

5:15-6:00am
Cycling
Kim-Cycling Room

8:30-9:30am
ZUMBA
Erica-Gym

8:30-9:00am
Circuit Training
Jenni-Gym

9:15-9:45
Sweat Cycle*
Jenni-Cycling Room

8:30-9:00am
HIIT Cycle*
Jenni-Cycling Room

9:00-10:00am
Yoga
Christy-Banquet Room

5:15-6:15pm
Tai Chi
Haiyan- Ballet Room
First class 7/5

5:30-6:30pm
ZUMBA
Erica-Gym

5:30-6:30pm
ZUMBA Tone
Erica-Gym

9:15-9:45am
HIIT Cycle*
Haley-Cycling Room

8:45-9:45
Cardio HIIT*
Christy-Cycling Room

4:00-5:00pm
Yoga Faith
Louise-Fitness Room

5:15-6:15pm
Tai Chi
Haiyan- Ballet Room
First class 7/8

6:00-7:00pm
Lift & HIIT
Josh-Fitness Room

5:30-6:15pm
Cardio Kickboxing
Erica-Fitness Room

Our Cycling room has a limited number of bikes. We will continue to take reservations to avoid over filling the class.

You can sign up using Acuity Scheduling

Link is on our Facebook and website
www.ashlandy.org

Child Watch Hours	
Mon	8:30-11am 5-7:30pm
Tues	8:30-11am 5-7:30pm
Wed	8:30-11am 5-7:30pm
Thur	8:30-11am 5-7:30pm
Fri	8:30-11am
Sat	8:30-10am

10:00-11:00am
SilverSneakers
Yoga
Christy-Gym

10:00-11:00am
SilverSneakers
Circuit
Sherry-Gym

10:00-11:00am
SilverSneakers
BOOM MIND
Louise-Gym
*Last 15 minutes will be a Pilates class

10:00-11:00am
SilverSneakers
Classic
Hannah-Gym

10:00-11:00am
SilverSneakers
Classic
Sherry-Gym

