



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

February 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

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

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

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

8:30-9:15am
Sycamore Strength
Alex-Gym

9:15-10:00am
Yoga***
Christy-Fitness Room

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

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

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

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

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

5:30-6:00pm
HIIT Cycle***
Jenni-Cycling Room

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

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

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

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

5:30-6:15pm
Boot Camp***
Haley-Fitness Room

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

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

5:30-6:30pm
Insanity***
Josh-Fitness Room

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

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

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

***Classes using a smaller space will have limited group sizes

Cycling room-12 participants

Fitness room-10 participants

You can sign up using Acuity Scheduling

(Link is on our Facebook and website www.ashlandly.org)

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

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

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