



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Schedule

January 2021

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	8:30-9:00am Circuit Training Alex-Gym	5:15-6:00am Cycling*** Michelle-Cycling Room	8:30-9:15am Circuit Training Jenni-Gym	5:15-6:00am Cycling*** Kim-Cycling Room	8:30-9:00am Circuit Training Jenni-Gym	8:30-9:00am HIIT Cycle*** Jenni-Cycling Room
	9:00-9:30am HIIT Cycle*** Shelly-Cycling Room	8:30-9:15am Sycamore Strength Alex-Gym	8:30-9:00am HIIT Cycle*** Haley-Cycling Room	8:30-9:30am ZUMBA Erica-Gym	9:15-9:45am Sweat Cycle*** Jenni-Cycling Room	9:00-10:00am Yoga*** Christy-Fitness Room
	5:30-6:30pm ZUMBA Erica-Gym	9:15-10:00am Yoga*** Christy-Fitness Room	9:15-9:45am HIIT Cycle*** Haley-Cycling Room	8:45-9:45am Cardio HIIT*** Christy-Cycling Room	5:30-6:30pm Insanity*** Josh-Fitness Room	
	<u>Child Watch Hours</u>					
Mon	8:30-11am 5-7:30pm	5:30-6:30pm ZUMBA Tone Erica-Gym	4:00-5:00pm Yoga Faith*** Louise-Fitness Room	5:30-6:15pm Boot Camp*** Haley-Fitness Room		
Tues	8:30-11am 5-7:30pm		5:30-6:00pm HIIT Cycle*** Jenni-Cycling Room			
Wed	8:30-11am 5-7:30pm		6:00-7:00pm Lift & HIIT*** Josh-Fitness Room			
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	10:00am-11:00am SilverSneakers Classic Hannah-Gym	10:00-11:00am SilverSneakers Classic Sherry-Gym	

***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)