



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule

May 2021

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

8:30-9:00am <b>Circuit Training</b> Alex-Gym
9:00-9:30am <b>HIIT Cycle*</b> Shelly-Cycling Room
5:30-6:30pm <b>ZUMBA</b> Erica-Gym

5:15-6:00am <b>Cycling*</b> Michelle-Cycling Room
8:30-9:15am <b>Sycamore Strength</b> Alex-Gym
5:30-6:30pm <b>ZUMBA Tone</b> Erica-Gym

8:30-9:15am <b>Circuit Training</b> Jenni-Gym
8:30-9:00am <b>HIIT Cycle*</b> Haley-Cycling Room
9:15-9:45am <b>HIIT Cycle*</b> Haley-Cycling Room

5:15-6:00am <b>Cycling*</b> Kim-Cycling Room
8:30-9:30am <b>ZUMBA</b> Erica-Gym
8:45-9:45 <b>Cardio HIIT*</b> Christy-Cycling Room

8:30-9:00am <b>Circuit Training</b> Jenni-Gym
9:15-9:45 <b>Sweat Cycle*</b> Jenni-Cycling Room
5:30-6:30pm <b>Insanity*</b> Josh-Fitness Room

8:30-9:00am <b>HIIT Cycle*</b> Jenni-Cycling Room
9:00-10:00am <b>Yoga*</b> Christy-Banquet Room

\*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.ashlandy.org](http://www.ashlandy.org)

4:00-5:00pm <b>Yoga Faith*</b> Louise-Fitness Room
5:30-6:00pm <b>HIIT Cycle*</b> Jenni-Cycling Room
6:00-7:00pm <b>Lift &amp; HIIT*</b> Josh-Fitness Room

5:30-6:15pm <b>Cardio Kickboxing*</b> Erica-Fitness Room
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<b>Child Watch Hours</b>	
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 <b>SilverSneakers</b> <b>Yoga</b> Christy-Gym
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10:00-11:00am <b>SilverSneakers</b> <b>Circuit</b> Sherry-Gym
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10:00-11:00am <b>SilverSneakers</b> <b>BOOM MIND</b> Louise-Gym *Last 15 minutes will be a Pilates class
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10:00-11:00am <b>SilverSneakers</b> <b>Classic</b> Hannah-Gym
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10:00-11:00am <b>SilverSneakers</b> <b>Classic</b> Sherry-Gym
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