



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule

September 2021

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

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

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

5:15-6:15pm  
**Tai Chi**  
Haiyan- Ballet Room

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

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

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

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

8:30-9:30am  
**Cardio Kickboxing**  
Hannah-Fitness Room

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

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

3:45-4:45pm  
**Yoga Faith**  
Louise-Fitness Room

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

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

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

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

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

5:15-6:15pm  
**Tai Chi**  
Haiyan- Ballet Room

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

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

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

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

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

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

