Cooper YMCA

Group Exercise Schedule

Updated September 1

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am– 6:15am			Cycling Fusion (L3) Cycling Studio Betsy A	Group Cycling (L3) Cycling Studio Rhonda R	Group Cycling (L2) Cycling Studio Holly D		
5:30am– 6:15am			WaterFit Combo (M2) Pool Holly D	5:45-6:15 am Power CSI (L3) Studio A Steph M	WaterFit Combo (M2) Pool Melissa M		
5:30 am- 6:30 am		Yoga (M2) Studio A Lauren H	5:45-6:15 am Strength Training (H2) Studio A Lydia D	6:15-7:00 am WaterFit Combo (M2) Pool Anne-Marie H	Yoga (M3) Studio B Maryana G	Boot Camp (L3) Studio A Thena K	7:30-8:30 am Group Cycling (L3) Cycling Studio Mary R / Shari S
8:00am- 8:45am		WaterFit Combo (M2) Pool Marilyn R	WaterFit Combo (M2) Pool Marcia R	WaterFit Combo (M2) Pool Carrie M	WaterFit Combo (M2) Pool Marcia R	WaterFit Combo (M2) Pool Jill M	8:15-8:55 am (H2) Strength Training Studio A Judy F
9:00am - 10:00am		9:15-10:15 am Tabata (L3) Studio A Mary R	9:05-10:05 am Yoga (M2) Studio A Maggie A	9:15-10:10 am Power CSI (L3) Studio A Lindsay D		8:15—9:15am Power Pump (M2) Studio A Mary W	8:45-10:00 am Yoga (M3) Studio B Maryana G
9:00am- 10:00am		9:30-10:15 am Group Cycling (L2) Cycling Studio Tallie G	9:10-10:00 am Evolve (L2) Studio B Nisha A	9:15-10:15 am Yoga (M1) Studio B Maggie A	9:15-10:00am Group Cycling (L3) Cycling Studio Betsy		9:00-9:55 am Step (H2) Studio A Judy F
9:15am- 10:00am		10:30-11:30 am MS Class (L1) Quick Fit Tiffany K	Group Cycling (L2) Cycling Studio Noelle B	10:30-11:30 am MS Class (L1) Quick Fit Tiffany K	9:15-10:05 am Zumba Studio A (H2) Greta G / Lydia D	9:30-10:30 am Yoga (M2) Studio A Kesha R	9:00-10:00 am Group Cycling (L2) Cycling Studio Kim F/Mary W
10:15am- 10:55am	11:30-12:30pm Group Cycling (L3) Cycling Studio Megan N	10:30-11:10 am Core & More (M2) Studio A Noelle B	Core & More (M2) Studio A Noelle B	10:30-11:10 am Core & More (M2) Studio A Noelle B	Core & More (M2) Studio A Noelle B	10:40-11:20 am Core & More (M2) Studio A Judy F	10:15-10:45 am Core & More (M2) Studio A Noelle B/Mary W
10:30am- 11:30am	12:30-1:30pm Power Pump (M2) Studio A Mary W	Movement for Parkinson's+ Studio B (L1) Mary R	11:00-11:45 am Fit for Life Strength Studio B (L1) Maggie A	11:00-11:45 am Fit for Life Strength Studio B (L1) Maggie A	Movement for Parkinson's+ Studio B (L1) Mary R	11:00-11:45 am Fit for Life Chair Yoga Studio B (L1) Maggie A	
12:00pm– 1:00pm		Fit for Life H2O (L1) Pool Mary C	Fit for Life H2O (L1) Pool Michelle B	WaterFit Combo (M2) Pool Jill M		Fit for Life H2O (L1) Pool Michelle B	
12:00pm– 1:00pm		Boot Camp (L3) Studio A Karla H	Power CSI (L3) Studio A Larisa O	Tabata (L3) Studio A Lyndsy S	Tabata (L3) Studio A Mary R	Boot Camp (L3) Studio A Mary W	
4:30pm- 5:20pm		Strength Training (H2) Studio A Carrie B					
5:30pm- 6:15pm	2:30-3:30pm Zumba/REFIT (H2) Studio A Melany C/Lora S	WaterFit Combo (M2) Pool Mary Sue M		WaterFit Combo (M2) Pool Shelby B			
5:30pm- 6:15pm		Group Cycling (L2) Cycling Studio Mary R		Group Cycling (L2) Cycling Studio Kim F	Group Cycling (L2) Cycling Studio Mary W / Kim F		
5:30pm- 6:45pm		5:30-6:15 pm Hip Hop Dance (H2) Studio A Danielle G	5:30-6:20 pm Pilates (L2) Studio B Emily S	5:30-6:30 pm Zumba (H2) Studio A Melany C	6:00-7:00 pm Yoga (M2) Studio B Casey B	5:45-6:45pm Turnup Dance Fitness (H2) Studio A Aimee G	
6:30pm- 7:30pm		6:20-6:50 pm Kickboxing (H2) Studio A Danielle G	5:30-6:30 pm Hip Hop Dance (H2) Studio A Danielle G	6:00-6:45 pm Pound (M2) Studio B Andrea K	Zumba (H2) Studio A Kristin W		
6:30pm- 7:30pm		6:00-7:00 pm Yoga (M2) Studio B Amy S	Yoga (M2) Studio B Emily S				