



Hours of Operation

Monday-Friday- 5:00am-8:00pm
Saturday- 7:00am-4:00pm
Sunday - 11:00am-5:00pm

Child Watch Hours

Monday-Thursday 9:00am-1:00pm
 5:00 pm- 7:30pm
Friday- 9:00am-1:00pm
Saturday- 8:00am-11:00am
Sunday- CLOSED

Fitness Class Announcements

Please download the Y APP to stay informed on class cancellations and changes; check with the front desk and they will be happy to assist you *Please note all classes are subject to change.

GROUP EX CALENDAR MARCH 2023

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>All classes are 50 minutes unless otherwise stated</p> <p>+Group x Studio</p> <p>▲ mind/body room</p> <p>*Cycling Studio</p>			<p>1</p> <p>5:30am Kettlebell Johna+</p> <p>8:30 Barre Combo Ginny ▲</p> <p>9:30 Cycling Ginny*</p> <p>9:30 RX Fitness Emmy+</p> <p>10:30 Chair Yoga Emmy +</p> <p>12:10 Circuit35 Nancy+</p> <p>5:30 RESTORE Carol ▲</p> <p>5:30 Bootcamp Tom+</p> <p>6:30 Zumba Joy+</p>	<p>2</p> <p>5:30 Cycle Johna *</p> <p>5:45-6:45 am Yoga Mary ▲</p> <p>8:30 RESTORE Carol ▲</p> <p>9:30 Deep Stretch Suzette ▲</p> <p>10:30 Beginners Pilates (30 min) Suzette ▲</p> <p>10:30 Low Aerobics Kim+</p> <p>10:30 Aqua Aerobics (pool) Betsy</p> <p>12:10 Pilates Suzette ▲</p> <p>12:10 Cycling Nancy*</p> <p>1:00 RX Fitness Mary Helen+</p> <p>5:30 Cycling Patch</p> <p>5:30 YouthFit Demetrius+</p> <p>5:30 Yoga Kelly ▲</p> <p>6:30 Total Body Conditioning RebeccaB+</p> <p>6:00 Aqua aerobics Mary</p>	<p>3</p> <p>5:30am Cardio Intervals Johna+</p> <p>8:30 Yoga Stacy ▲</p> <p>9:30 Cycling Ginny*</p> <p>9:30 RX Fitness Emmy+</p> <p>10:30 Line Dancing Deb+</p> <p>12:10-12:45 Body Blast Nancy+</p>	<p>4</p> <p>8:30 Cycling Patch*</p> <p>9:30 Total Body Conditioning Johna+</p> <p>9:30 Yoga Kelly ▲ (1 hour, 15 min)</p> <p>11:00 Aqua Dance (pool) Marisol</p>
	<p>5</p> <p>2:45 Yoga Kelly ▲ (1 hour, 15 min)</p> <p>4:00-4:45 Zumba-Joy+</p>	<p>6</p> <p>5:30am Powercut Johna+</p> <p>8:30 Yoga RebeccaG ▲</p> <p>8:30 Powercut Terry+</p> <p>9:30 Cycling Patch *</p> <p>9:30 RX Fitness Emmy+</p> <p>10:30 Line Dance Deb+</p> <p>12:10-12:45 Body Blast Nancy+ (35 min)</p> <p>12:10-1:00 Pilates Suzette ▲</p> <p>5:30 Cardio/strength intervals Johna+</p> <p>5:30 Yoga Judi ▲</p> <p>6:30 Cycling Nancy*</p> <p>6:30 Zumba toning Joy+</p>	<p>7</p> <p>5:30 Cycling RebeccaB*</p> <p>5:45-6:45am Yoga Mary ▲</p> <p>8:30 RESTORE Carol ▲</p> <p>9:30 Deep Stretch Emmy +</p> <p>10:30Aqua Aerobics (pool) Betsy</p> <p>10:30 Low aerobics Kim+</p> <p>12:10 Yoga Stacy ▲</p> <p>1:00 RX Fitness Mary Helen+</p> <p>5:30 Cycling Patch*</p> <p>5:30 Step/sculpt Amy+</p> <p>5:30 Pilates Ginny ▲</p> <p>6:30 Total Body Conditioning Nancy+</p> <p>6:30 Aqua Dance (pool) Marisol</p>	<p>8</p> <p>5:30am Kettlebell Johna+</p> <p>8:30 Barre Combo Ginny ▲</p> <p>9:30 Cycling Ginny*</p> <p>9:30 RX Fitness Emmy+</p> <p>10:30 Chair Yoga Emmy +</p> <p>12:10 Circuit35 Nancy+</p> <p>5:30 RESTORE Carol ▲</p> <p>5:30 Bootcamp Tom+</p> <p>6:30 Zumba Joy+</p>	<p>9</p> <p>5:30 Cycling Johna *</p> <p>5:45 Yoga Mary ▲</p> <p>8:30 RESTORE Kim B ▲</p> <p>9:30 Deep Stretch Suzette ▲</p> <p>10:30 Beginners Pilates (30 min) Suzette ▲</p> <p>10:30 Aqua Betsy</p> <p>10:30 Low Aerobics Kim+</p> <p>12:10 Cycling Nancy</p> <p>12:10 Pilates Suzette ▲</p> <p>5:30 YouthFit Demetrius+</p> <p>5:30 Cycling Patch*</p> <p>5:30 Yoga Kelly ▲</p> <p>6:30 Total Body RebeccaB+</p> <p>6:00 Aqua aerobics Johna</p>	<p>10</p> <p>5:30am Cardio Intervals Johna+</p> <p>8:30 Yoga Stacy ▲</p> <p>9:30 Cycling Rebecca B*</p> <p>9:30 RX Fitness Emmy+</p> <p>10:30 Line Dancing Isabel +</p> <p>12:10-12:45 Body Blast Nancy+</p>

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>12 2:45 Yoga Mary ▲ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>13 5:30am Powercut Johna+ 8:30 Yoga Rebecca G ▲ 8:30 Powercut Terry+ 9:30 Cycling Patch* 9:30 RX Fitness Emmy+ 10:30 Line Dance Kim P+ 12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Suzette ▲ 5:30 Cardio/strength intervals Johna+ 5:30 Yoga Judi ▲ 6:30 Cycling Nancy* 6:30 Zumba Toning Joy+</p>	<p>14 5:30 Cycling Rebecca B* 5:45-6:45am Yoga Mary ▲ 8:30 RESTORE Carol ▲ 9:30 Deep Stretch Emmy + 10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics/tone Kim+ 12:10-12:55 Yoga Stacy ▲ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny ▲ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua Dance (pool) Marisol</p>	<p>15 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny ▲ 9:30 Cycling Ginny* 9:30 RX Fitness Emmy+ 10:30 Chair Yoga Emmy + 12:10 Circuit35 Nancy+ 5:30 RESTORE Carol ▲ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>16 5:30 Cycling Johna * 5:45-6:45am Yoga Mary ▲ 8:30 RESTORE Carol ▲ 9:30 Deep Stretch Suzette ▲ 10:30 Aqua Aerobics (pool) Betsy 10:30 Low Aerobics Kim+ 10:30 Beginners Pilates (30 min) Suzette ▲ 12:10 Cycling Nancy 12:10 Pilates Suzette ▲ 5:30 Cycling Patch* 5:30 Youth Fit Demetrius+ 5:30 Yoga Judi ▲ 6:30 Total Body Conditioning RebeccaB+ 6:00 Aqua aerobics Johna</p>	<p>17 5:30am Cardio Intervals Johna+ 8:30 Yoga Ginny ▲ 9:30 Cycling Rebecca B* 9:30 RX Fitness Emmy+ 10:30 Line Dancing Isabel+ 12:10-12:45 Body Blast Nancy+</p>	<p>18 8:30 Cycling Johna* 9:30 Total Body Conditioning Nancy+ 9:30 Yoga Asia ▲ (1 hour, 15 min) 11:00 Aqua Aerobics (pool) Johna</p>
<p>19 2:45 Yoga Judi ▲ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>20 5:30am Powercut Johna+ 8:30 Yoga RebeccaG ▲ 8:30 Powercut Terry+ 9:30 Cycling Patch* 9:30 RX Fitness Emmy+ 10:30 Line Dance Deb+ 12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Suzette ▲ 5:30 Cardio/strength intervals Johna+ 5:30 Yoga Judi ▲ 6:30 Cycling Nancy* 6:30 Zumba toning Joy+</p>	<p>21 5:30 Cycling RebeccaB* 5:45-6:45am Yoga Stacy ▲ 8:30 RESTORE Carol ▲ 9:30 Deep Stretch Emmy + 10:30 Aqua Aerobics (pool) Betsy 10:30 Low aerobics/tone Kim+ 12:10-12:55 Yoga Stacy ▲ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny ▲ 6:30 Total Body Conditioning Nancy+ 6:30 Aqua Dance (pool) Marisol</p>	<p>22 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny ▲ 9:30 Cycling Ginny* 9:30 RX Fitness Emmy+ 10:30 Chair Yoga Emmy + 12:10 Circuit35 Nancy + 5:30 RESTORE Carol ▲ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>23 5:30 Cycling Johna * 5:45-6:45am Yoga Stacy ▲ 8:30 RESTORE Carol ▲ 9:30 Deep Stretch Suzette ▲ 10:30 Aqua Aerobics (pool) Betsy 10:30 Beginners Pilates (30 min) Suzette ▲ 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy 12:10 Pilates Suzette ▲ 5:30 Cycling Patch* 5:30 Youth Fit Demetrius+ 5:30 Yoga Judi ▲ 6:30 Total Body Conditioning RebeccaB+ 6:00 Aqua aerobics Johna</p>	<p>24 5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy ▲ 9:30 Cycling RebeccaB* 9:30 RX Fitness Emmy+ 10:30 Line Dancing Deb+ 12:10-12:45 Body Blast Nancy+</p>	<p>25 8:30 Cycling Ginny* 9:30 Total Body Conditioning Ginny+ 9:30 Yoga RebeccaG▲ (1 hour, 15 min) 11:00 Aqua Dance(pool) Marisol</p>
<p>26 2:45 Yoga Judi ▲ (1 hour, 15 min) 4:00-4:45 Zumba-Joy+</p>	<p>27 5:30 Powercut Johna 8:30 Yoga RebeccaG ▲ 8:30 Powercut Terry+ 9:30 Cycling Patch* 9:30 RX Fitness Emmy+ 10:30 Line Dance Deb+ 12:10-12:45 Body Blast Nancy+ (35 min) 12:10-1:00 Pilates Stacy ▲ 5:30 Cardio/strength intervals Johna+ 5:30 Yoga Judi ▲ 6:30 Cycling Nancy* 6:30 Zumba Toning Joy+</p>	<p>28 5:30 Cycling RebeccaB* 5:45-6:45am Yoga Stacy ▲ 8:30 RESTORE Carol ▲ 9:30 Deep Stretch Emmy 10:30 Aqua Aerobics (pool) Ginny 10:30 Low aerobics/tone Kim+ 12:10-12:55 Yoga Stacy ▲ 5:30 Cycling Patch* 5:30 Step/sculpt Amy+ 5:30 Pilates Ginny ▲ 6:30 Aqua Dance (pool)Marisol 6:30 Total Body Conditioning Nancy+</p>	<p>29 5:30am Kettlebell Johna+ 8:30 Barre Combo Ginny ▲ 9:30 Cycling Ginny● 9:30 RX Fitness Emmy+ 10:30 Chair Yoga Emmy+ 12:10 Circuit35 Nancy+ 5:30 RESTORE Carol ▲ 5:30 Bootcamp Tom+ 6:30 Zumba Joy+</p>	<p>30 5:30 Cycling Johna ● 5:45 Yoga Stacy 8:30 RESTORE Kim B ▲ 9:30 Deep Stretch Suzette ▲ 10:30 Beginners Pilates (30 min) Suzette ▲ 10:30 Aqua Mary 10:30 Low Aerobics Kim+ 12:10 Cycling Nancy 12:10 Pilates Suzette ▲ 5:30 YouthFit Demetrius+ 5:30 Cycling Patch● 5:30 Yoga Kelly ▲ 6:30 Total Body RebeccaB+ 6:00 Aqua aerobics Johna</p>	<p>31 5:30am Cardio Intervals Johna+ 8:30 Yoga Stacy ▲ 9:30 Cycling RebeccaB● 9:30 RX Fitness Emmy+ 10:30 Line Dancing Susan+ 12:10-12:45 Body Blast Nancy+</p>	<p>+Group x Studio ▲mind/body room *Cycling Studio</p>