

# ADULT LAND WELLNESS

## Group Exercise Schedule for West Family

March 26—August 31

### Monday

5:30-6:30 am	Group Cycling
8:00-9:00 am	Nice & Easy
9:00-10:00 am	Body Defined
10:00-11:30 am	Total Body Workout
1:00-2:00 pm	Joints in Motion
4:30-5:30 pm	Core Freestyle <i>(Ends July 30)</i>
5:30-6:30 pm	Zumba™ <i>(Ends June 25)</i>
5:30-6:30 pm	Mix It Up <i>(Month of August Only)</i>

### Tuesday

9:00-9:50 am	Zumba™ <i>(Ends June 28)</i>
9:00-10:00 am	Group Cycling
10:00-11:00 am	Yoga for Fitness
11:00-12:00 pm	Tai Chi <i>(April -June)</i>
1:00-2:00 pm	Joints in Motion II
4:00-4:45 pm	Body Defined <i>(Ends June 28)</i>
5:30-6:30 pm	Hi/Lo Aerobics <i>(Ends June 26)</i>
5:30-6:30 pm	Mix It Up <i>(Month of August Only)</i>
6:30-7:30 pm	Group Cycling

### Wednesday

5:30-6:30 am	Group Cycling
8:00-9:00 am	Nice & Easy
9:00-10:00 am	Stability Ball
10:00-11:30 am	Total Body Workout
1:00-2:00 pm	Joints in Motion
4:30-5:30 pm	Core Freestyle <i>(Ends July 25)</i>
5:30-6:30 pm	Yoga <i>(Ends June 27)</i>
5:30-6:30 pm	Mix It Up <i>(Month of August Only)</i>
6:30-7:30 pm	Zumba™

### Thursday

9:00-10:00 am	Group Cycling
9:00-9:50 am	Zumba™ <i>(Ends June 28)</i>
10:00-11:00 am	Pilates
11:00-12:00 pm	Tai Chi <i>(April-June)</i>
1:00-2:00 pm	Joints in Motion II
4:00-4:45 pm	Body Defined <i>(Ends June 28)</i>
5:30-6:30 pm	Hi/Lo Aerobics <i>(Ends June 28)</i>
5:30-6:30 pm	Mix It Up <i>(Month of August Only)</i>
6:30-7:30 pm	Group Cycling

### Friday

8:00-9:00 am	Nice & Easy
9:00-10:00 am	Cardio Lite & Sculpt
9:00-10:30 am	Total Body Workout <i>(August Only)</i>
10:00-11:30 am	Total Body Workout <i>(Ends July 27)</i>
1:00-2:00 pm	Joints in Motion

### Saturday

7:30-8:30 am	Group Cycling
8:30-10:00 am	Total Body Workout
12:00-1:00 pm	Karate <i>(Ends June 23)</i>



Contact Martin for more information at [mdyson@ymcabroome.org](mailto:mdyson@ymcabroome.org)