



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# November 2024 Group Ex Schedule Northwest

## Monday

CLASS TIME	CLASS NAME	LOCATION
6:30-7:15am	<b>Intervals</b> Audra	Wellness Studio
9-9:45am	<b>Zumba Toning</b> Victoria	Wellness Studio
10-10:45am	<b>Zumba</b> Mollie	Wellness Studio
11-11:45am	<b>SilverSneakers®</b> Kathy	Gymnasium
4:30-5:15pm	<b>Cardio Strength</b> Liz W.	Wellness Studio
5:45-6:30pm	<b>Dance Fitness</b> Stacy	Upstairs Studio

## Tuesday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	<b>Cycling</b> Casey/Ashley	Upstairs Studio
6:30-7:15am	<b>Barbell Class</b> Audra	Wellness Studio
10-10:45am	<b>Zumba</b> Tiffany C.	Wellness Studio
11-11:45am	<b>Strength</b> Tiffany C.	Wellness Studio
5:30-6:30pm	<b>Zumba</b> Shelly	Wellness Studio
5:30-6:30pm	<b>Yoga/Stretch</b> Alexys	Upstairs Studio
6:45-7:15pm	<b>BODYPUMP®</b> Tammerrie	Wellness Studio

## Wednesday

CLASS TIME	CLASS NAME	LOCATION
6:30-7:15am	<b>Intervals</b> Audra	Wellness Studio
9-9:45am	<b>Dance Fitness</b> Tiffanie L.	Upstairs Studio
10-10:45am	<b>Zumba</b> Mollie	Wellness Studio
11-11:45am	<b>SilverSneakers®</b> Sandy E.	Gymnasium
4:30-5:15pm	<b>Cardio Strength</b> Liz W.	Wellness Studio
5:30-6:15pm	<b>Cycling</b> Casey	Upstairs Studio
6:30-7:15pm	<b>Dance Fitness</b> Stacy	Upstairs Studio

## Thursday

CLASS TIME	CLASS NAME	LOCATION
5:30-6:15am	<b>Cycling</b> Casey/Ashley	Upstairs Studio
6:30-7:15am	<b>Barbell Class</b> Audra	Wellness Studio
10-10:45am	<b>Zumba</b> Tiffany C.	Wellness Studio
11-11:45am	<b>Strength</b> Tiffany C.	Wellness Studio
5:30-6:30pm	<b>Dance Fitness</b> Connie H.	Wellness Studio
5:30-6:30pm	<b>BODYBALANCE®</b> Tiffany A.	Upstairs Studio



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# November 2024 Group Ex Schedule Northwest

## Friday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	<b>Zumba Toning</b> Victoria	Wellness Studio
9-10am	<b>Yoga</b> Kellie	Upstairs Studio
10-10:45am	<b>Zumba</b> Victoria	Wellness Studio
11-11:45am	<b>SilverSneakers®</b> Sandy E.	Gymnasium

## Saturday

CLASS TIME	CLASS NAME	LOCATION
8-8:45am	<b>Cycling</b> Casey	Upstairs Studio
9-9:45am	<b>Strength</b> Casey	Wellness Studio
10-10:45am	<b>Zumba/Dance</b> <b>Fitness</b> Karen/Connie H.	Wellness Studio
11-11:45am	<b>Dance Fitness</b> Stacy	Upstairs Studio



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# November 2024 Group Ex Schedule

## MCHS Fieldhouse

### Monday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	<b>SilverSneakers®</b> Karen	Gymnasium
12:15-1pm	<b>Strength Intervals</b> Jessica	Hospitality Room

### Tuesday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	<b>SilverSneakers®</b> Brenda	Gymnasium
12:15-12:45pm	<b>Cardio Kickboxing</b> Jama	Hospitality Room
5:45-6:45pm	<b>BODYPUMP®</b> Connie T.	Hospitality Room

### Wednesday

CLASS TIME	CLASS NAME	LOCATION
10:30-11am	<b>S.S Yoga Stretch®</b> Karen	Gymnasium
12:15-1pm	<b>Strength Intervals</b> Jessica	Hospitality Room

### Thursday

CLASS TIME	CLASS NAME	LOCATION
10:30-11:15am	<b>SilverSneakers®</b> Brenda	Gymnasium
12:15-12:45pm	<b>Cardio Kickboxing</b> Jama	Hospitality Room
5:45-6:45pm	<b>BODYPUMP®</b> Connie T.	Hospitality Room

### Friday

CLASS TIME	CLASS NAME	LOCATION
12:15-1pm	<b>BODYBALANCE®</b> Jessica	Hospitality Room

### Saturday

CLASS TIME	CLASS NAME	LOCATION
8:30-9:15am	<b>BODYPUMP®</b> Michelle	Hospitality Room
9:30-10:15am	<b>BODYBALANCE®</b> Jessica	Hospitality Room



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# November 2024 Group Ex Schedule

## Yorktown

### Monday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	<b>Cycling</b> Carly	Cycling Area
9:15-10am	<b>SilverSneakers®</b> Loretta	Group Exercise Studio
4:30-5pm	<b>BODYPUMP®</b> Lauren	Group Exercise Studio
5:30-6:30pm	<b>BODYBALANCE®</b> Kamna	Group Exercise Studio

### Tuesday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	<b>Strength</b> Carly	Group Exercise Studio
10-10:45am	<b>SilverSneakers®</b> Candee	Group Exercise Studio
11-11:45am	<b>Zumba Gold®</b> Victoria	Group Exercise Studio
4:45-5:30pm	<b>Intervals</b> Kalene	Group Exercise Studio

### Wednesday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	<b>Cycling</b> Carly	Cycling Area
9:15-10am	<b>SilverSneakers®</b> Sandy E.	Group Exercise Studio
4:30-5:15pm	<b>BODYPUMP®</b> Lauren	Group Exercise Studio
5:30-6:30pm	<b>BODYBALANCE®</b> Kamna	Group Exercise Studio
6:45-7:45pm	<b>Cardio Boxing</b> Raeen	Group Exercise Studio

### Thursday

CLASS TIME	CLASS NAME	LOCATION
9-9:45am	<b>Strength</b> Kamna	Group Exercise Studio
10-10:45am	<b>SilverSneakers®</b> Candee	Group Exercise Studio
11-11:45am	<b>Zumba Gold®</b> Sharon	Group Exercise Studio
4:45-5:30pm	<b>Intervals</b> Kalene	Group Exercise Studio
7-7:45pm	<b>Dance Fitness</b> Donica	Group Exercise Studio

### Friday

CLASS TIME	CLASS NAME	LOCATION
9:15-10am	<b>Cycling</b> Pat	Cycling Area
9:15-10am	<b>SilverSneakers®</b> Sandy E.	Group Exercise Studio

### Saturday

CLASS TIME	CLASS NAME	LOCATION
8:15-9am	<b>Cycling</b> Kalene	Cycling Area