

HRYMCA GROUP EXERCISE SCHEDULE APRIL 2021 (effective 4/2-4/18)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-6:50am Morning Stretch Julie		7:00-7:45am HIIT & Sculpt Jennifer	7:00-7:45am Cycle Don S1	7:00-7:30am Strength Jennifer	8:45-9:40am Gentle Flow Yoga Beth	No classes Easter Sunday April 4th
7:00-7:45am HIIT & Sculpt Jennifer			Cardio Dance 9:00-9:45am Brenda	9:00-9:45am Mat Pilates Lori	8:30-9:30am Cycle Jo S1	9:15-10:05am Barre Sculpt Jen P.
9:00-9:45am Cardio & Strength Lynne S1	Low-Impact Exercise 9:00-9:45am Julie	9:00-9:45am Cardio Sculpt Lynne S1	9:00-9:50am AOA Dance&Sculpt Lynne	9:00-9:45am Tabata Fusion Jennifer S1	9:00-9:45am Cardio & Strength Lynne	
10:15-11:10am Moderate Vinyasa Yoga Sarah M.	9:00-9:50am AOA Dance&Sculpt Lynne	10:15-11:05am Mat Pilates Kay	9:15-10:10am Slow Flow Yoga Beth S1	10:15-11:10am Yoga for Every Body Teresa	Livestrong Graduate Strength 10:00-10:45am	10:15-11:10am Dance Fitness Krista
10:30-11:30am Arthritis Exercise Lynne	9:15-10:10am Mindful Flow Yoga Chandra S1	10:30-11:30am Arthritis Exercise Joan	10:30-11:15am Functional Strength Lynne S1	AOA Cardio 10:30-11:15am Lynne	*Private class for graduates of our Livestrong program	10:30-11:25am Vinyasa Flow Yoga Sarah/Leah
12:15-1:15pm Qi Gong Melinda	10:30-11:15am Functional Strength Lynne S1		11:00-11:45am Sit and Sway Dolores		10:00-10:55am Vinyasa Flow Yoga Sarah F.	Dance Fitness 11:00-11:45am Aimee
2:30-3:15pm Parkinson Cycle Patti			1:00-1:45pm Parkinson Exercise Rachel	10:30-11:30am Arthritis Exercise Joan	Zumba 11:00-11:45am Lynne	
5:30-6:20pm Mat Pilates Kay			5:30-6:15pm Strength & Power Aimee			
5:30-6:15pm Zumba® Hind	5:30-6:20pm Barre Sculpt Jen P.	5:45-6:40pm Yoga Strength Brenda S1	5:45-6:40pm Vinyasa Flow Yoga Leah	5:30-6:15pm *Starts at 4:30 on 4/2 Zumba® Heather		
5:45-6:40pm Yoga Strength Brenda S1	5:30-6:15pm HIIT & Sculpt Lynne S1	5:30-6:15pm Zumba Holly				

KEY -	IN-PERSON	OUTDOOR <small>Weather-permitting</small>	VIRTUAL	HYBRID (IN-PERSON & VIRTUAL)	SPECIAL EVENT
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