

HRYMCA GROUP EXERCISE SCHEDULE January (effective 1/2/22)

This schedule is subject to change - see Motion Vibe for most up-to-date schedule. Reservations via Motion Vibe are strongly recommended to ensure a spot in class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30am Tabata Fusion Jennifer S1	6:00-6:45am Cycle Rachel S1	5:45-6:30am HIIT & Sculpt Jennifer S1	6:00-6:45am Cycle Emily S1		8:20-9:15am Cycle Rotating instructors	
7:00-7:45am HIIT & Sculpt Jennifer S1	8:30-9:20am AOA Dance&Sculpt Lynne S1	7:00-7:45am Tabata Fusion Jennifer S1	8:30-9:20am AOA Dance&Sculpt Lynne S1	9:05-9:55am Mat Pilates Lori S2	8:45-9:40am Gentle Flow Yoga Beth S2	9:15-10:10am Cycle Marcia S1
9:05-9:50am Step&Sculpt Lynne S1	9:15-10:10am Mindful Flow Yoga Chandra S2	9:05-10:00am Beginner Yoga Kyla S2	9:15-10:10am Slow Flow Yoga Beth S2	9:05-9:50am Tabata Fusion Jennifer S1	9:30-10:15am Cardio/Strength S1 Rotating instructors	9:15-10:05am Barre Sculpt Jen P. S2
10:15-11:10am Moderate Vinyasa Yoga Sarah M. S2	9:35-10:25am Cycle Martha S1	9:05-9:55am Cardio Strength Combo Donna S1	9:35-10:25am Cycle Kay S1	10:30-11:20am Dance Fitness Lynne GYM	10:00-10:55am Vinyasa Flow Yoga Sarah F. S2	
10:15-11:15am Enhance Fitness registration required S1	10:15-10:35am Meditation Chandra S2	10:15-11:05am Mat Pilates Kay S2		10:15-11:15am Enhance Fitness registration required S1	10:30-11:00am Monthly class Family Dance Fit	10:30-11:20am Dance Fitness Krista S1
12:15-1:15pm Qi Gong/Tai Chi Melinda S2	10:45-11:30am Functional Strength Kay S1	10:15-11:15am Enhance Fitness registration required S1	10:45-11:30am Functional Strength Lynne S1	10:30-11:25am Yoga for Every Body Teresa S2	w/ Heather S1 January 20th	10:30-11:25am Vinyasa Flow Yoga Teresa S2
1:00-1:45pm Parkinson Cycle Lynne S1	11:00-11:55am Gentle Joints Yoga Melinda S2	1:00-1:50pm Parkinson H.I.I.T. Rachel S1	1:00-2:00pm Parkinson Exercise Rachel S1	1:00-1:50pm Parkinson H.I.I.T. Natalie S1	11:00-11:50am Zumba® S1 Lynne	12:00-12:55pm Gentle Flow Yoga Alexis S2
5:30-6:20pm Zumba® Hind S1	5:30-6:15pm HIIT & Sculpt Krista S1	5:30-6:20pm Zumba® Holly S1		5:30-6:20pm Zumba® Heather S1		12:15-1:15pm Line Dancing w/ Lynne S1 January 8th
5:45-6:40pm Yoga Strength Brenda S2	5:30-6:20pm Barre Sculpt Jen S2	5:45-6:40pm Yoga Strength Brenda S2	5:30-6:20pm Total Body Circuit Lynne S1	5:30-6:40pm Yoga Retreat Rotating instructors		
SI = Studio 1 S2 = Studio 2	6:45-7:40pm Yoga Fusion Dragana S2		6:45-7:40pm Yoga Fusion Dragana S2		IN-PERSON ONLY	SPECIAL EVENT

