

GRAND ISLAND YMCA GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYCOMBAT 5:15 - 5:45 AM Michelle	RPM CYCLING 5:15 - 6:00 AM Gary	GROUP CYCLING 5:15 - 6:00 AM Tara	RPM CYCLING 5:15 - 6:00 AM Annette	GROUP CYCLING 5:15 - 6:00 AM Tara	
RPM CYCLING 6:00 - 6:45 AM Gary	BODYPUMP 5:15 - 6:15 AM Rachel	SPRINT 6:15 - 6:45 AM Gary	BODYPUMP 5:15 - 6:15 AM Rachel		
		SHALLOW WATER FITNESS 7:00 - 8:00 AM			GROUP CYCLING 7:00 - 7:45 AM Tara
SHALLOW WATER FITNESS 8:00 - 9:00 AM	SHALLOW WATER FITNESS 8:00 - 9:00 AM	AQUA ZUMBA 8:00 - 9:00 AM Kathy	SHALLOW WATER FITNESS 8:00 - 9:00 AM	DEEP WATER FITNESS 8:00 - 9:00 AM	SPRINT 8:00 - 8:30 AM
SPINNING 8:15 - 9:00 AM Linda	SPINNING 8:15 - 9:00 AM Linda	SPINNING 8:15 - 9:00 AM Linda	SPINNING 8:15 - 9:00 AM Linda	RPM 8:15 - 9:00 AM Annette	
	BODYPUMP 8:30 - 9:30 AM Cara	HIIT 8:30 - 9:00 AM Cara	BODYPUMP 8:30 - 9:30 AM Mary	BODYATTACK 8:30 - 9:00 AM Cara	YOGA 8:45-9:30 AM
PILATES 9:00 - 9:30 AM Cara	SLVRSNKRS YOGA 9:30-10:15 AM	AB LAB 9:00 - 9:30 AM Cara	SLVRSNKRS YOGA 9:30-10:15 AM	SHALLOW WATER FITNESS 9:00-10:00 AM	
SlvrSnkr Classic 9:30 - 10:30 AM	ROCK STEADY 10:00-11:00 AM	SlvrSnkr Classic 9:30 - 10:30 AM	ROCK STEADY 10:00-11:00 AM	CORE 9:00 - 9:30 AM Cara	
Hatha/Vinyasa Yoga 9:40 - 10:40 AM Cara		Hatha/Vinyasa Yoga 9:40 - 10:40 AM Jill	SlvrSnkr Balance 10:30-11:15 AM	TAI CHI/QI GONG 9:30 - 10:15 AM	
ARTHRITIS AQUATICS 10:30-11:30 AM	ARTHRITIS AQUATICS 10:30 - 11:30 AM	ARTHRITIS AQUATICS 10:30 - 11:30 AM	ARTHRITIS AQUATICS 10:30 - 11:30 AM	GENTLE YOGA 9:40 - 10:40 AM Deb	
ZUMBA GOLD 11:00 - 12:00 PM	SlvrSnkr Balance 11:00-11:45 AM	ZUMBA GOLD 11:00-12:00 PM		ZUMBA GOLD 11:00-12:00 PM	
	CORE 12:10-12:50 PM Jaye				
GROUP CYCLING 12:15 - 1:00 PM Jaye	SPRINT 12:15 - 1:00 PM Cara	GROUP CYCLING 12:15 - 1:00 PM Jaye	GENTLE YOGA 12:10-12:50 PM Deb	GROUP CYCLING 12:15 - 1:00 PM Jaye	
SPRINT 4:30 - 5:00 PM Amy	BODYPUMP 4:20- 5:10 PM Amy		BODYPUMP 4:20 - 5:10 PM Amy		
BODYPUMP 5:30 - 6:30 PM Jaye	ZUMBA 5:30 - 6:15 PM Kathy	GRIT 5:15 - 5:45 PM Griselda	BODYPUMP 5:30 - 6:15 PM Gary		
DEEP WATER FITNESS 7:00 - 8:00 PM		BODYCOMBAT 5:55 - 6:25 PM Michelle	DEEP WATER FITNESS 7:00 - 8:00 PM		

- South Gym
- Pool
- Spin Room
- Aerobics Room
- Aerobics Room & Virtual

Schedule can change due to weather, special events, etc.
 Stay up to date by checking our facebook page and/or app.
 Effective Date: October 7, 2024