

HOERNER YMCA FITNESS CLASSES



Effective 2-5-24

These classes are currently offered:

MON	TUE	WED	THU	FRI	SAT
	Cycling 6am-7am		Cycling 6am-7am	Chair Yoga (AR) (Gracia) 8am-8:45am	
Dance-X 5G (AR) 8:30am-9:30am Pilates (201) 9:30am-10:30am	Interval Step (AR) 8:30am-9:30am	Dance-X 5G (AR) 8:30am-9:30am Pilates (201) 9:30am-10:30am	Interval Step (AR) 8:30am-9:30am	Pilates (201) 9:30am-10:30am	Zumba (201) 9am-10am CIRCL Mobility 10:15am-11:15am Yoga Flow (AR) (Callie) 10am-11am
Yoga Flow (Callie) (201) 11am-12pm	Yoga (Tarla) (201) 11am-11:45am	Yoga Flow (Callie) (201) 11am-12pm	Yoga (Tarla) (201) 11am-11:45am	Barre (201) 11:00am-12:00pm	
Women on Weights 12pm-1pm Yoga (Gracia) (201) 1pm-2pm	Women on Weights 12pm-1pm	Women on Weights 12pm-1pm	Women on Weights 12pm-1pm	Women on Weights 12pm-1pm	
Yoga Flow (Callie) (AR) 4:15pm-5:15pm	Zumba (201) 4:30pm-5:30pm Pilates (AR) 4pm-5pm	Yoga Flow (Callie) (AR) 4:15pm-5:15pm	Zumba (201) 4:30pm-5:30pm	Barre (201) 4pm-5pm	
HIIT (AR) 5:30pm-6pm Cycling 5:30pm-6:30pm Women on Weights 5:30pm-6:30pm	CIRCL Mobility (201) 5:30pm – 6:00pm	Barre (201) 5:30pm-6:30pm Women on Weights 5:30pm-6:30pm Cycling 5:30pm-6:30pm	HIIT (AR) 5:30pm-6:00pm		
	Karate (201) Youth 5:45pm-6:30pm Adult 6:30pm-7:30pm Bl. Belt 7:30pm-8pm		Karate (201) Youth 5:45pm-6:30pm Adult 6:30pm-7:30pm Bl. Belt 7:30pm-8pm		