HOERNER YMCA FITNESS CLASSES

Effective 9-15-24

These classes are currently offered:



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