



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF STRAFFORD COUNTY

Branch Hours: Monday thru Friday: 5:30am to 8:00pm; Saturday: 7:00am to 12:15pm & Sunday: 10:00am to 2:00pm
Kid Zone Hours: Monday thru Friday: 8:00am to 12:00pm & 4:30 to 7:30pm; Saturday 8:00am to 12:00pm

Monday

8:45 – 9:40 am
Yoga Flow
Priscilla

8:45 – 9:40 am
Cycle*
Robin

10:00 – 10:55 am
Zumba®
Nancy C

11:00 – 11:55 am
**SilverSneakers
Classic®**
Susie

4:30 – 5:25 pm
Muscle Conditioning
Lars

5:00 – 5:55 pm
Cycle*
Sue

5:30 – 6:25 pm
Cardio TONE
Trish

6:00 – 6:55 pm
Yoga
(Yoga/Cycle room)
Marcia

Tuesday

8:30 – 9:25 am
Muscle Conditioning
Robin

9:45 – 10:40 am
Yoga for Strength
(Yoga/Cycle room)
Priscilla

11:00 – 11:55 am
Zumba Gold®
Alyssa

5:30 – 6:25 pm
**Strength Train
Together®**
Cayla

Wednesday

8:30 – 9:25 am
Cycle*
Robin

8:30 – 9:25 am
**Strength Train
Together®**
Mary K

10:00 - 10:45 am
SS Stability®
Kelly

11:00 - 11:55 am
Chair Yoga
Kelly

5:00 - 5:50 pm
Barre
Marcia

5:00 - 5:55 pm
TRX*
Jen

6:00 – 6:55 pm
Cardio Dance
Trish

6:00 – 6:55 pm
Yoga
(Yoga/Cycle room)
Marcia

Thursday

8:00 – 8:55 am
Yoga
Kim

9:00 – 9:55 am
Kickboxing
Denise

10:00 – 10:55 am
Barre
Denise

11:00 – 11:45 am
Chair POUND
Alyssa

5:30 – 6:25 pm
Muscle Conditioning
Alicia

Friday

9:00 – 9:55 am
Yoga
Denise

9:00 – 9:55 am
Cycle*
Jen

10:00 – 10:55 am
Muscle Conditioning
Denise

11:00 – 11:55 am
Fit For Life
Susie

Saturday

8:45 – 9:40 am
Yoga Flow
(Yoga/Cycle room)
Priscilla

9:00 – 9:55 am
**Strength Train
Together®**
Rotating

Sunday

10:15 – 11:10 am
Zumba®
Courtney

10:15 – 11:10 am
PiYo®
(Yoga/Cycle room)
Alicia

*Space is limited for Cycle and TRX classes - **Pre-Registration is RECOMMENDED**

Please go online and register at: <https://www.granitemca.org/calendar>