



## January 2023 Church Street Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bootcamp</b> 5:45-6:45 AM Clarence Auditorium	<b>Flow Yoga</b> 7:30-8:30 AM Raman Studio A	<b>Y-Cycle</b> 5:45-6:45 AM Donna Auditorium	<b>Bootcamp</b> 5:45-6:45 AM Donna Inside/Outside	<b>Y-Cycle</b> 5:45-6:45 AM Beth Inside/Outside	<b>Y-Cycle</b> 8:00-8:45 PM Caroline W/Shira Auditorium	<b>Flow Yoga</b> 9:00-10:00 AM Laura Studio A
<b>Seated Yoga</b> 7:00-8:00 AM Katheryn H. Studio <b>*Hybrid</b>	<b>Dance</b> 8:30-9:15 AM Katherine R. Auditorium	<b>Yoga</b> 6:00-7:00 AM Katheryn H. Studio A <b>*Hybrid</b>	<b>Dance</b> 8:30-9:15 AM Katherine R. Auditorium	<b>Seated Yoga</b> 7:00-8:00 AM Katheryn H. Studio <b>*Hybrid</b>	<b>Step &amp; Sculpt</b> 9:00-10:50 AM Lisa Studio A- <b>*Hybrid</b>	<b>Bolly X</b> 10:00-10:50 AM Hether/Kim Auditorium
<b>Aqua Fit</b> 8:15-9:00AM Katheryn H. Big Pool	<b>Aqua Fit</b> 9:30-10:15 AM Louise Small Pool	<b>Seated Yoga</b> 7:00-8:00 AM Katheryn H. Studio <b>*Hybrid</b>	<b>Aqua Fit</b> 9:30-10:15 AM Louise Small Pool	<b>Bootcamp &amp; Stretch</b> 9:00-10:00 AM Heide Studio A	<b>Zumba</b> 9:30-10:30 AM Edith Audit. <b>*Hybrid</b>	<b>Y-Cycle</b> 11:15-12:00 AM Caroline V. Auditorium
<b>Muscle &amp; Stretch</b> 9:00-10:00 AM Heide Studio A	<b>Y-Cycle</b> 9:30-10:15AM Lauren Auditorium	<b>Aqua Fit</b> 8:15-9:00AM Katheryn H. Big Pool	<b>Y-Cycle</b> 9:30-10:15AM Lauren Auditorium	<b>Y-Cycle</b> 9:30-10:15AM Caroline W. Auditorium	<b>Flow Yoga</b> 10:30-11:30 AM Laura Studio A	
<b>Y-Cycle</b> 9:30-10:15AM Caroline W. Auditorium	<b>Barre in Motion</b> 10:00-11:00 AM Jessica Studio A <b>*Hybrid</b>	<b>Total Body HIIT</b> 8:30-9:15 AM Sub Tracy Studio A	<b>Have A Ball</b> 10:30-11:30 AM Lauren Auditorium	<b>Keeping Fit</b> 10-10:50AM Michelle Aud. <b>*Hybrid</b>		
<b>Keeping Fit</b> 10-10:50AM Michelle Gym <b>*Hybrid</b>	<b>Have A Ball</b> 10:30-11:30 AM Lauren Auditorium	<b>Y-Cycle</b> 9:30-10:15AM Lauren Auditorium	<b>Bolly-X</b> 5:15-6:00 PM Rajani Studio A	<b>Dance Fit</b> 10:30-11:30 AM Louise Studio A		
<b>Pilates</b> 11:00-12:00PM Tracy Studio A <b>*Hybrid</b>	<b>Flow Yoga</b> 5:00-6:00 PM Michelle Studio A <b>*Hybrid</b>	<b>Keeping Fit</b> 10-10:50AM Michelle Gym. <b>*Hybrid</b>	<b>Y-Cycle</b> 6:00-6:45 PM Caroline V. Auditorium	<b>Pilates</b> 11:00-12:00 PM Jessica Aud. <b>*Hybrid</b>		
<b>Intervals</b> 5:00-5:50 PM Nancy Studio A	<b>Intervals</b> 6:15-7:00 PM Sub Michelle Studio A	<b>Pilates</b> 11:00-12:00PM Tracy Studio A <b>*Hybrid</b>	<b>Muscle Cond</b> 7:00-8:00 PM Rosella Auditorium	<b>Flow Yoga</b> 5:30-6:30 PM Michelle Studio A		
<b>Y-Cycle</b> 6:00-6:45 PM Caroline V. Auditorium	<b>Y-Cycle</b> 6:10-7:55 PM Clarence Auditorium	<b>Intervals</b> 5:00-5:50 PM Nancy Studio A				
<b>Cardio Dance</b> 7:00-7:45 PM Annie Aud. <b>*Hybrid</b>	<b>Muscle Cond</b> 7:05-8:00 PM Rosella Auditorium	<b>Zumba</b> 6:00-7:00PM Edith Aud. <b>*Hybrid</b>				

# Group Fitness Class Categories

## ❖ STRENGTH & CARDIO CLASSES

- NEW Y-Signature Format Intervals Strength & Cardio
- Bootcamp
- Keeping Fit *\*Perfect for seniors 65+*
- Step & Sculpt
- Bodyweight Bootcamp & Stretch
- Muscle & Stretch
- Have A Ball
- Muscle Conditioning
- Total Body HIIT

## ❖ DANCE FITNESS CLASSES

- ZUMBA
- BOLLY X
- Cardio Dance
- Dance
- Dance Fit *\*Perfect for seniors 65+*

## ❖ MIND & BODY CLASSES

- Flow Yoga
- Yoga *\*Perfect for seniors*
- Seated Yoga *\*Perfect for seniors*
- Pilates *\*Perfect for seniors*
- Barre Pilates In Motion *Perfect for seniors 65+*

## ❖ Y-CYCLE

## ❖ AQUA FITNESS *Perfect for seniors 65+*

All classes are drop-ins and included in your membership. Check our website for the most up to date schedule information and class cancelations.

*\*Hybrid* classes are livestreamed on the Zoom platform. You will need to register for the class via the link provided in the class description on our website's online schedule.