

# GROUP EXERCISE SCHEDULE SESSION 5

Valid June 28, 2021 - July 31, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	*Tabata - 45.DeAnne . MPR		*Tabata - 45.DeAnne . MPR		
7:00 AM	Men's Core - 45.DeAnne .MPR		Men's Core - 45.DeAnne .MPR		
8:00 AM	*Tabata - 45.DeAnne . MPR Aqua Power-60.Anna.Pool		*Tabata - 45.DeAnne . MPR Aqua Power-60.Anna.Pool		Aqua Power-60.Anna.Pool
8:30 AM		Yoga - Z or Live 60. Sarah . MPR		Yoga - Z or Live 60. Sarah . MPR	
9:00 AM	Core Conditioning - Z or Live 45.Murl. MPR SS Splash-60.Anna.Pool		Core Conditioning - Z or Live 45.Murl. MPR SS Splash-60.Anna.Pool		SS Splash-60.Anna .Pool
10:00 AM		SS Yoga - Z or Live 60. Sarah . MPR		SS Yoga - Z or Live 60. Sarah . MPR	
10:15 AM	SS Classic-60.Jenny .Gym		SS Classic-60.Jenny .Gym		SS Classic-60.Jenny .Gym
11:30 AM		Laughter Yoga -30. Sarah. ZOOM		Laughter Yoga -30. Sarah. ZOOM	
4:15 PM					
5:25 PM	Total Body - Z or Live 60 Murl. MPR	Intense Aqua-60.Tina. Pool	Total Body - Z or Live 60 Murl. MPR	Intense Aqua-60.Tina .Pool	
6:30 PM				Zumba - Z 60. Libby. MPR	
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## Prices per 5-week session: (member/non-member)

**Flex Pass:** 12-class pass good for any class of your choice\*: \$72

### Land Fitness Classes:

1 class per week: \$19 / \$37  
2 classes per week: \$26 / \$52

### Aqua Power:

1 class per week: \$23 / \$47  
2 classes per week: \$28 / \$55  
3 classes per week: \$33 / \$65

### Tabata: \*Not Flex eligible

5 week session: \$80 / \$104  
Per Week: \$18 / \$25  
1 Class Drop-In: \$10 / \$15

Z - Available via Zoom

### Yoga:

1 class per week: \$21 / \$42  
2 classes per week: \$26 / \$52

### Silver Sneakers Classes: FREE to SS members

SS Classic: \$1 drop-in for Non-Members  
SS Splash: Aqua Power Rates for Non-SS members  
SS Yoga: \$17 per 5 weeks for Non-SS Members

### Zumba & Intense Aqua

FREE to YMCA members; Non-members: \$3/class  
**Laughter Yoga: FREE to EVERYONE!**  
(Zoom Only)

Drop-in Fees: \$8 per class

MPR - Multi-Purpose

## FREE to Members

Self Organized. \$3 for non-memebers.

### PICKLEBALL

<b>M/W/F</b>	<b>T/TH</b>
5:30am-10am	5:30am-8am
12:30pm-3pm	10:30am-1pm
<b>SAT</b>	<b>BEGINNER: FRI</b>
7am-9am	3pm-5pm

### BASKETBALL

<b>M- F</b>	<b>T/TH</b>
5:30-6:30am	6pm-8pm



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