

**Greater Valley YMCA | Slate Belt
Group Exercise Schedule July 2024**

"We're here for you."

| DAYTIME CLASSES | | | | | | |
|---|--|--|---|---|--|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | Barre Fusion 8:00-8:45 AM Alyssa Studio | Indoor Cycling 6:15-7:00 AM Lisa Studio | Stretch & Core 8:00-8:45 AM Rochelle Studio | HIIT 6:15-7:00 AM Lisa Studio | Muscle Max 9:00-9:45 AM Jo-Elle Studio | Zumba® 10:30-11:15 AM Cynthia Studio |
| HIIT 8:00-8:45 AM Maggie Studio | AOA Aqua Fitness 8:15-9:00 AM Lois Pool | Indoor Cycling 8:15-8:45 AM Kate R. Studio <i>Coming Soon!</i> | Circuit Train 9:00-9:45 AM Katie S. Studio | Total Body 8:15-9:00 AM Vanessa Studio | Yoga 10:00-10:45 AM Jessica Studio | |
| Zumba 9:00-9:45 AM Cynthia Studio | Cardio Drumming 9:00-9:45 AM Krysta Studio | Step it Up 9:15-9:45 AM Carmella Studio | AOA Cardio Drumming 10:00-10:45 AM Krysta Studio | AOA Cardio Dance 9:15-10:00 AM Lois Studio | | |
| AOA Range of Motion & Strength 10:00-10:30 AM Jess B. Studio | Silver Sneakers Boom Muscle 10:00-10:30 AM Maggie Studio | Country Line Dance Fitness 10:00-10:45 AM Carmella Studio | | | | |
| AOA Yoga 10:30-11:15 AM Jess B. Studio | Silver Sneakers Yoga Stretch 10:30-11:00 AM Maggie Studio | | | AOA Aqua Fitness 10:30-11:15 AM Lois Pool | | |
| | Aqua Step 11:30-12:15 PM Shelly Pool | | | | | |
| | Middle Eastern Belly Dance 12:00-12:45 PM Jennie Studio Every Other Week | | | | | |
| EVENING CLASSES | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| Deep Water 4:50-5:20 PM Shelly Pool | HIIT 5:00 - 5:30 Maggie Studio <i>New Time!</i> | Aqua Fitness 4:45-5:30 PM Shelly Pool | Zumba 5:30-6:15 PM Cynthia Studio | | | |
| Zumba 5:30-6:15 PM Justine Studio | Circuit Train 6:00 - 6:45 PM Katie S. Studio | Soul Fusion 5:00 - 6:00 PM Lindsay Studio <i>Coming Soon!</i> | Gentle Yoga 6:30 - 7:15 PM Katie B. Studio | | | |
| Aqua Fitness 5:30-6:15 PM Shelly Pool | | Indoor Cycling & Core 6:15-7:00 PM Vanessa Studio | | | Slate Belt Group Exercise Schedule Group exercise classes are included in your membership. Registration required for all group exercise classes through the website or by visiting the Welcome Center | |
| Stretch & Core 6:30-7:15 PM Rochelle Studio | | | | | Slate Belt Branch Stay & Play Hours: Monday-Thursday 7:45AM-11:00AM Monday-Thursday 5:00-7:30PM Friday 8:00AM-11:00AM Saturday 8:00AM-11:00AM | |
| Cardio/Endurance | Strength/Bodywork | Dance | Mind/Body | Aquatics | Senior/Adapted | |

Highlighted items indicate a change in class format or time.

Please check gv-ymca.org.org for updates and visit us on the Y Wellness 24/7 virtual platform

for our live Virtual Group Exercise classes and hundreds of on-demand video content!

Updated 6/27/24