

**Greater Valley YMCA | Suburban North
Group Exercise Schedule July 2024**

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Total Body 8:15-9:00 AM Jennifer L Studio I	Muscle Max 8:15-9:00 AM Susan G Studio I	Total Body 8:15-9:00 AM Jennifer L Studio I	Muscle Max 8:15-9:00 AM Susan G Studio I	SHINE DANCE FITNESS 8:15-9:00 AM Susan G Studio I	Core Strength 9:00-9:45 AM Jennifer L Studio I	
AOA Fitness 9:15-10:00 AM Diane B Studio I		AOA Fitness 9:15-10:00 AM Diane B Studio I		Yoga 9:15 - 10:00 AM Susan G Studio I	Stretch & Flex 10:00 - 10:45 AM Jennifer L Studio I	
	AOA Fitness 9:30-10:15 AM Jennifer L Studio I		Silver Sneakers Classic 9:30-10:15 AM Patty O Studio I		Pilates 11:00 - 11:45 AM Patty O. Studio	
AOA Fitness 10:15-11:00 AM Diane B Studio I		AOA Fitness 10:15-11:00 AM Diane B Studio I		Silver Sneakers Yoga Stretch 10:15-11:00 AM Maggie Studio I		
	Silver Sneakers Classic 10:30-11:00 AM Jennifer L Studio I		Silver Sneakers Classic 10:30-11:00 AM Jennifer L Studio I			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SHINE DANCE FITNESS 6:00-6:45 PM Susan G Studio I	Indoor Cycling & Core 6:00-6:45 PM Jennifer L Studio II	Pilates 5:00 - 5:45 PM Patty O. Studio I	Beginner Zumba 5:30-6:15 PM Patty O Studio I			
		Stretch & Flex 6:00 - 6:45 PM Jennifer L Studio I	Indoor Cycling & Core 6:00-6:45 PM Jennifer L Studio II			
					Suburban North 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	
					Suburban North Branch Stay & Play Hours: Tuesday-Thursday 5:00PM-7:00PM Sunday 12:15PM-2:15PM	
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