



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule Richmond Family YMCA

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Y Watch Hours 5pm-7:15pm	Y Watch Hours 5pm-7:15pm	Y Watch Hours 5pm-7:15pm	Y Watch Hours 5pm-7:15pm	Y Watch Hours CLOSED	Y Watch Hours CLOSED
Indoor Cycling 5:30am-6:30am	Silver Sneakers 10am-11am	Indoor Cycling 5:30am-6:30am	Fitness Drumming 10am-11am	Indoor Cycling 5:30am-6:30am	
Muscle & Move 10am-11am	Upper Body Blast 11am-12pm	Yogalates 9am-10am	Lower Body Blast 11am-12pm	Work-It Walking 10am-11am	
Zumba 6:00-7:00p	Live Fit 6pm-7pm	Y-Fit 5:15pm-6pm	Full Body Blast 6-7pm		
		Fierce Kickboxing 6:15-7:15pm			

**Class Color Code**

Cardio	Dance
Strength	Cycling
Basketball	Active Older Adults