



Group Exercise Schedule Richmond Family YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Muscle & Move 10am-11am	Indoor Cycling 5:30am-6:30am	
Total Body Reset 10am-11am	Upper Body Blast 11am-12pm	Yogalates 9am-10am	Lower Body Blast 11am-12pm	Work-It Walking 10am-11am	
Zumba 6pm-7pm	Lunch Bunch 11am-1pm	Y-Fit 5:15pm-6pm	Lunch Bunch 11am-1pm		
	Live Fit 6pm-7pm	Zumba 6pm-7pm	Indoor Cycling 6pm-7pm		

Class Color Code

Cardio	Dance
Strength	Cycling
Basketball	Active Older Adults