



GROUP EXERCISE SCHEDULE

BHP BILLITON YMCA

UPDATED 7.25.17

MONDAY

TUESDAY

WEDNESDAY

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	John	CrossFit
	5:45AM	Spin*	Kristi	Spin Studio*
	7:30AM	CrossFit	John	CrossFit
	8:15AM	Spin*	Lindy	Spin Studio*
	8:15AM	Cardio	Carly	Studio 1
	8:15AM	TRX*	Sharon	Cardio Room
	8:15AM	Water Aerobics	Ruby	Family Pool
	9:15AM	Staying Fit	Misty	Studio 1
	9:15AM	Yoga II	Margaret	Studio 2
	10:15AM	Mommy & Me Yoga	Quinn	Studio 2
10:30AM	Tai Chi	Barry	Studio 1	

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	John	CrossFit
	5:45AM	Boot Camp	Alex	Gym
	6:15AM	Yoga Flow	Sarah S.	Studio 1
	7:30AM	CrossFit	John	CrossFit
	8:15AM	Spin Chicks*	Margaret	Spin Studio*
	8:15AM	Power Sculpt	Misty	Studio 1
	9:15AM	Pilates	Renee	Gym
	9:15AM	PiYo	Amanda	Studio 1
	10:15AM	Hooping	Laurel	Gym
	10:15AM	Restorative Pilates	Renee	Studio 1
10:15AM	Aqua Fit	Claire	Family Pool	
10:30AM	Chair Yoga	Mary	Studio 2	

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	John	CrossFit
	5:45AM	Spin*	Tina	Spin Studio*
	7:30AM	CrossFit	John	CrossFit
	8:15AM	Spin*	Karen	Spin Studio*
	8:15AM	Cardio	Liz	Studio 1
	8:15AM	TRX*	Sharon	Cardio Room
	8:15AM	Water Aerobics	Bob L.	Family Pool
	9:15AM	Staying Fit	Sharon	Studio 1
	9:15AM	Yoga II	Margaret	Studio 2
	10:15AM	Mommy & Me Yoga	Stefanie	Studio 2
10:30AM	Tai Chi	Barry	Studio 1	

	Time	Class	Instructor	Location
NOON	12:00PM	Yoga Level I/II	Tina	Studio 1
	12:00PM	HIIT Express	Alex	Gym
	12:00PM	Kid Fit	Ren	Lobby
	12:00PM	CrossFit	Becky	CrossFit
	12:30PM	Abs	Alex	Gym

	Time	Class	Instructor	Location
NOON	12:00PM	Spin*	Sandy	Spin Studio*
	12:00PM	CrossFit	Alex	CrossFit
	4:15PM	Barre	Liz	Studio 1
	4:15PM	Hip Hop Kidz	Fernando	Studio 2
	4:30PM	CrossFit	Alex	CrossFit

	Time	Class	Instructor	Location
NOON	12:00PM	Yoga Level I/II	Hollie	Studio 1
	12:00PM	HIIT Express	Ren	Gym
	12:00PM	CrossFit	Nora	CrossFit
	12:30PM	Abs	Ren	Gym
	4:15PM	Spin*	Sandy	Spin Studio*

	Time	Class	Instructor	Location
EVENING	4:15PM	Spin*	Melissa	Spin Studio*
	4:15PM	Cardio	Rick	Studio 1
	4:15PM	Kids Yoga	Liz	Studio 2
	4:30 PM	Water Aerobics	Sharon	Family Pool
	4:30PM	CrossFit	Lori	CrossFit
	5:30PM	Pilates	Sheri	Gym
	5:30PM	Outdoor Boot Camp	Darnell	Studio 1
	5:30PM	PiYo	Misty	Studio 2
	5:30PM	Water Aerobics	Tatianna	Family Pool
	5:30PM	Spin*	Sarah S.	Spin Studio*
	5:30PM	CrossFit	Lori	CrossFit
	5:30 PM	Core on the Board	Amy	Natatorium
	5:30PM	Kid Fit	Ren/Hannah	Lobby
	6:00PM	Yoga I/II	Sabina	Studio 1
	6:30PM	CrossFit 101/ On-Ramp	Rotation	CrossFit

	Time	Class	Instructor	Location
EVENING	4:15PM	Barre	Liz	Studio 1
	4:15PM	Hip Hop Kidz	Fernando	Studio 2
	4:30PM	CrossFit	Alex	CrossFit
	5:00PM	Adult Hip Hop	Fernando	Studio 2
	5:30PM	Sculpt	Farrah	Studio 1
	5:30PM	HIIT	Sarah	Gym
	5:30 PM	Water Aerobics	Tatianna	Family Pool
	5:30PM	Kid Fit	Hannah/Grant	Lobby
	5:30PM	TRX* Strength	Paige	Cardio Room
	5:30PM	Kid & Adult Weightlifting	John	CrossFit
	6:00PM	Yoga I	Francine	Studio 2
	6:00PM	Spin*	Sandy	Spin Studio*
	6:30PM	CrossFit 101/ On-Ramp	Rotation	CrossFit

	Time	Class	Instructor	Location
EVENING	4:15PM	Spin*	Sandy	Spin Studio*
	4:15PM	Cardio	Misty	Studio 1
	4:15PM	Kids Yoga	Stefanie	Studio 2
	4:30 PM	Water Aerobics	Sharon	Family Pool
	4:30PM	CrossFit	Alex	CrossFit
	5:30 PM	Pilates	Sheri	Gym
	5:30PM	Outdoor Boot Camp	Megann	Studio 1
	5:30PM	PiYO	Misty	Studio 2
	5:30PM	Water Aerobics	Tatianna	Family Pool
	5:30PM	Spin*	Bob E.	Spin Studio*
	5:30PM	CrossFit	Alex	CrossFit
	5:30PM	Kid Fit	Hannah/ Ren	Lobby
	5:30 PM	Core on the Board	Amy	Natatorium
	6:00PM	Yoga I/II	Sabina	Studio 1
	6:30PM	CrossFit 101/ On-Ramp	Rotation	CrossFit

*Beginning the week of May 29th, Core on the Board will change from Tuesday / Thursday to Monday / Wednesday.

SCHEDULE CONTINUED ON OTHER SIDE



GROUP EXERCISE SCHEDULE

BHP BILLITON YMCA

UPDATED 7.25.17

THURSDAY

FRIDAY

SATURDAY

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	John	CrossFit
	5:45AM	Boot Camp	Alex	Gym
	6:15AM	Yoga I/II	Francine	Studio 1
	7:30AM	CrossFit	John	CrossFit
	8:15AM	Spin Chicks*	Margaret	Spin Studio*
	8:15AM	Sculpt	Tina	Studio 1
	9:15AM	Pilates	Renee	Gym
	9:15AM	PiYo	Misty	Studio 1
	10:00	Mommy and Me Water	Sharon	Family Pool
	10:15AM	Hooping Mix	Laurel	Gym
10:15AM	Restorative Pilates	Sheri	Studio 1	
10:15AM	Aqua Dance	Misty	Family Pool	
10:30AM	Chair Yoga	Hollie	Studio 2	

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	John	CrossFit
	5:45AM	Spin*	Kristi	Spin Studio*
	7:30AM	CrossFit	John	CrossFit
	8:15 AM	TRX	Sharon	Cardio Room
	8:15AM	Spin*	Melissa	Spin Studio*
	8:15AM	Cardio	Claire	Studio 1
	8:15AM	Water Aerobics	Mary	Family Pool
	9:15AM	Staying Fit	Melissa	Studio 1
	9:15AM	Restorative Yoga	Mary	Studio 2
	NOON	12:00PM	Yoga Level I/II	Tina
12:00PM		HIIT Express	Ren	Gym
12:00PM		CrossFit	Nora	CrossFit

	Time	Class	Instructor	Location
MORNING	7:15AM	Yoga I/II	Sabina	Studio 2
	7:30AM	Spin*	Bob	Spin Studio*
	8:15AM	Core, Back, & Balance	Francine	Studio 1
	8:30AM	Spin*	Bob/Sarah	Spin Studio*
	9:00AM	TRX*	Tina	Cardio Room
	9:00AM	Closed Practice	Swim Team	Crossfit
	9:15 AM	Pound	Sherricka	Studio 2
	9:15AM	Pilates	Sheri	Gym
	9:30AM	Zumba	Tiffany	Studio 1
	9:30AM	Paddle Board Yoga*	Sarah S.	Natatorium
10:00AM	CrossFit	Rotation	CrossFit	
10:15 AM	Chair Yoga	Lori	Studio 2	
11:00AM	Kid & Adult Weightlifting	John	CrossFit	

	Time	Class	Instructor	Location
NOON	12:00PM	Spin*	Melissa	Spin Studio*
	12:00PM	CrossFit	Alex	CrossFit

	Time	Class	Instructor	Location
NOON	12:30PM	Abs	Ren	Gym
	4:15PM	Spin*	Charlotte	Spin Studio*
	4:30PM	CrossFit	Lori	CrossFit
	5:30PM	CrossFit	Lori	CrossFit

	Time	Class	Instructor	Location
NOON	12:30PM	CrossFit 101/ On-Ramp	Rotation	CrossFit
	6:30PM	CrossFit 101/ On-Ramp	Rotation	CrossFit

	Time	Class	Instructor	Location
EVENING	4:15PM	Barre	Liz	Studio 1
	4:15PM	Hip Hop Kidz	Fernando	Studio 2
	4:30PM	CrossFit	John	CrossFit
	5:00PM	Adult Hip Hop	Fernando	Studio 2
	5:30PM	Sculpt	Melissa	Studio 1
	5:30PM	HIIT	Alex	Gym
	5:30PM	Kid Fit	Hannah/ Grant	Lobby
	5:30PM	TRX* Cardio	Darnell	Cardio Room
	5:30PM	Kid & Adult Weightlifting	John	CrossFit
	6:00PM	Yoga I	Amanda/Sheila	Studio 2
6:00PM	Spin*	Jamie	Spin Studio*	
6:30PM	CrossFit 101/ On-Ramp	Rotation	CrossFit	

	Time	Class	Instructor	Location
EVENING	4:30PM	CrossFit	Lori	CrossFit
	5:30PM	CrossFit	Lori	CrossFit
	6:30PM	CrossFit 101/ On-Ramp	Rotation	CrossFit

SUNDAY

	Time	Class	Instructor	Location
EVENING	3:00PM	Yoga I/II	Francine / Ken	Studio 1

Cardio Room	Natatorium
CrossFit Room	Spin Studio*
Family Pool	Studio 1
Gym	Studio 2
Lobby	

To reserve a spot for spin or TRX, please sign up at the front desk.

**Beginning the week of May 29th, Core on the Board will change from Tuesday / Thursday to Monday / Wednesday.*