




GROUP FITNESS SCHEDULE: Quarter 1, 2019

Copper Basin Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Schedule Effective January, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-6:00		TOTAL BODY Dana GF Room		TOTAL BODY Dana GF Room		
8:10-9:10	STRENGTH TRAIN Rebecca GF Room	ACTIVE Rebecca GF Room		STRENGTH TRAIN Rebecca GF Room	ACTIVE Rebecca GF Room	
8:30-9:00			CORE FOCUS Stepanie GF Room			
9:15-10:15	WATER FITNESS Megan Pool		WATER FITNESS Megan Pool		WATER FITNESS Megan Pool	
9:15-10:00	CYCLE TOGETHER Rebecca Cycle Studio		CYCLE TOGETHER Rebecca Cycle Studio		CYCLE TOGETHER Rebecca Cycle Studio	CYCLE Dana Cycle Studio
9:15-10:15	ZUMBA Jennifer GF Room	DEFEND Stephanie GF Room	ZUMBA Jennifer GF Room	DEFEND Stephanie GF Room	ZUMBA Jennifer GF Room	
9:15-10:15	JUMPSTART Stephanie		JUMPSTART Stephanie		JUMPSTART Stephanie 	
10:00-11:00						STRENGTH TRAIN Hilari GF Room
10:15-11:15	JUMPSTART Peter		JUMPSTART Reggie		JUMPSTART Peter	
10:15-11:15	BALANCE & FLEX Jennifer GF Room	BEGINNERS YOGA Jaqueline GF Room	BALANCE & FLEX Jennifer GF Room	BEGINNERS YOGA Jaqueline GF Room	BALANCE & FLEX Jennifer GF Room	
11:30-12:30	SILVER SNEAKERS CLASSIC Reggie		SILVER SNEAKERS CLASSIC Reggie		SILVER SNEAKERS YOGA Peter	
5:00-5:55				ZUMBA MaryLou GF Room		
5:30-6:25	YOGA Candice GF Room		YOGA Jaqueline GF Room			
5:30-6:15		CYCLE Lisa Cycle Studio		CYCLE Lisa Cycle Studio		
6:00-6:55		BOLLYX Hiral GF Room		ACTIVE Rachel GF Room		
6:30-7:25	ZUMBA MaryLou GF Room		POUND Rashell GF Room			
7:00-8:00		STRENGTH TRAIN Hilari GF Room		STRENGTH TRAIN Vartan GF Room		
7:30-8:00	CORE FOCUS Stepanie GF Room		CORE FOCUS Stepanie GF Room			
Please note that schedule is subject to change						

BRANCH HOURS
 MON.-THURS.
 4:30am - 9:00pm
 FRIDAY
 4:30am - 7:00pm
 SATURDAY
 8:00am-6:00pm
 SUNDAY
 12:00pm-5:00pm

AMAZING KIDS & THE CLUB
 MON.-THURS.
 8:00am-12:00pm
 4:00pm-8:00pm
 FRIDAY
 8:00am-12:00pm
 4:00pm-7:00pm
 SATURDAY
 9:00am-1:00pm
 SUNDAY CLOSED