



# Crosby YMCA Wellness Center Group Exercise Class Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ORANGE—HEALTH SEEKER  
GREEN—STEP-UP  
BLUE—ATHLETE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:45am Cycle Cycle Loft	6:00am-6:55am Strength Fitness Studio	6:00am-6:45am Cycle Cycle Loft	6:00am-6:55am Strength Fitness Studio	6:00am-6:55am Pilates Fitness Studio		
8:00am-8:55am Yoga Fitness Studio		8:00am-8:55am Yoga Fitness Studio		8:00am-8:55am Yoga Fitness Studio	8:30am-9:30am Cycle Cycle Loft	
8:45am-9:40 am Aqua Fitness Pool		8:45am-9:40 am Aqua Fitness Pool		8:45am-9:40 am Aqua Fitness Pool		
9:00am-9:45am Tai Chi MultiPurpose Room	9:00am-9:25am Bone Builder MultiPurpose Room	9:00am-9:45am Tai Chi MultiPurpose Room	9:00am-9:25am Bone Builder MultiPurpose Room	9:00am-9:45am Tai Chi MultiPurpose Room	9:00am-9:55am Line Dance Fitness Studio	
9:00am-9:25am Basic Cardio Fitness Studio	9:30am-10:25am Zumba Gold MultiPurpose Room	9:00am-9:25am Basic Cardio Fitness Studio	9:30am-9:55am Strength Circuit MultiPurpose Room	9:00am-9:25am Basic Cardio Fitness Studio		
9:30am-9:55am Basic Fitness Fitness Studio	9:30am-10:25am Yoga Fitness Studio	9:30am-9:55am Basic Fitness Fitness Studio	9:30am-10:25am Yoga Fitness Studio	9:30am-9:55am Basic Fitness Fitness Studio		9:30am-10:55am Power Yoga Fitness Studio
9:30am-10:15am Cycle Cycle Loft	9:30am-10:15am Cycle Cycle Loft	9:30am-10:15am Cycle Cycle Loft	9:30am-10:15am Cycle Cycle Loft	9:30am-10:15am Cycle Cycle Loft		
10:00am-10:55 am Aqua Fitness Pool	10:00am-10:55 am Aqua Fitness Pool	10:00am-10:55 am Aqua Fitness Pool	10:00am-10:55 am Aqua Fitness Pool	10:00am-10:55 am Aqua Fitness Pool	10:00am-10:55 am Aqua Fitness Pool	10:00am-11:00am Cycle Cycle Loft
10:00am-10:25am Chair Stretch Fitness Studio	10:30am-11:25am Cardio Combo Fitness Studio	10:00am-10:25am Chair Stretch Fitness Studio	10:30am-11:25am Zumba Gold Fitness Studio	10:00am-10:25am Chair Stretch Fitness Studio	10:00am-10:55am Pilates Fitness Studio	10:00am-10:55am TRX MultiPurpose Room
10:30am-11:25am FAB Fitness Fitness Studio	10:30am-11:25am Ballet Barre MultiPurpose Room	10:30am-11:25am FAB Fitness Fitness Studio		10:30am-11:25am FAB Fitness Fitness Studio		
10:30am-10:55am Core MultiPurpose Room				10:30am-10:55am Core MultiPurpose Room		
12:30pm-1:25pm Joint Movement Pool	12:30pm-1:25pm Joint Movement Pool	12:30pm-1:25pm Joint Movement Pool	12:30pm-1:25pm Joint Movement Pool	12:30pm-1:25pm Joint Movement Pool		
4:30pm-5:25pm Strength Fitness Studio		4:00pm-4:25pm Stability Ball Fitness Studio				
5:30pm-6:25pm Step Fitness Studio		4:30pm-5:25pm Pilates Fitness Studio	4:45pm-5:10pm Strength Circuit Fitness Studio			
5:30pm-6:25pm TRX MultiPurpose Room	5:30pm-6:15pm Cycle Cycle Loft	5:30pm-6:25pm Step Fitness Studio		5:30pm-6:25pm Relaxing Yoga Fitness Studio		
5:30pm-6:25pm Cycle Circuit Cycle Loft		6:00pm-6:45pm Cycle Cycle Loft	6:00pm-6:55pm Boot Camp Fitness Studio	6:00pm-6:55pm TRX MultiPurpose Room		
6:00pm-6:55pm Aqua Fitness Pool			6:15pm-7:25pm Ballet MultiPurpose Room			
6:30pm-7:25pm Zumba Fitness Studio	6:30pm-7:25pm Yoga Fitness Studio	6:30pm-7:25pm Zumba Fitness Studio				
6:30pm-7:25pm Stretch MultiPurpose Room		6:30pm-7:25pm Stretch MultiPurpose Room				
6:30pm-7:25pm Ballroom Dance Fitness Studio						

**SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE**  
WELLNESS DIRECTOR: KIMBERLY MARTIN [kmartin@cfymca.org](mailto:kmartin@cfymca.org)

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