



YMCA of the Suncoast- Greater Palm Harbor Branch July Group Exercise Schedule: Morning



Blue Beginner		Purple Advanced		Yellow Active Older Adults		Green Kids Classes	
	BikeTag Req'd		New Class		New Time		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	6:00 - 6:55 Cycling II Joyce (ge)	6:00 - 6:55 Power Circuit Maryann (ge)	5:45 - 7:00 Cycling III Joyce (ge)	6:00 - 6:55 Power Circuit Deanna (ge)	6:00 - 6:55 Cycling II Joyce (ge)		
	6:30-7:00 Early Bird Express Maryann (paid)		6:30-7:00 Early Bird Express Maryann (paid)		6:30-7:00 Early Bird Express Maryann (paid)		
	6:30-7:30 Cond. Camp (paid) Miranda	6:30-7:30 Cond. Camp (paid) Miranda	6:30-7:30 Cond. Camp (paid) Miranda	6:30-7:30 Cond. Camp (paid) Miranda			
7am	7:30-8:25 On the Ball George (ge)	8:00-8:25 Awesome Abs Teresa (ge)	7:30-8:25 On the Ball George (ge)	8:00-8:25 Abs I Deanna (ge)	7:30-8:25 On the Ball George (ge)	8:00-9:00 Fitness Walking George (offsite)	
	8:30-9:25 Cardio & Sculpt Ginny (ge)	8:30-9:25 Fit for Life Joyce (ge)	8:30-9:25 Cardio & Sculpt Ginny (ge)	8:30-9:25 Fit for Life Joyce (ge)	8:30-9:25 Pilates Moves Grooves Emily (ge)	7:30-8:55 Cycle & Sculpt Shawn & Deanna (ge)	
9am	9:30-10:25 Kick & Sculpt Maryann (ge)	9:30-10:25 Step & Sculpt Bianca (ge)	9:30-10:25 Cycle & Sculpt Shawn (ge)	9:30-10:25 In line Step Deanna (ge)	9:30-10:25 Cycle & Sculpt Shawn (ge)	9:00-9:55 Weekend Warrior Melissa / Ginny & Teresa (ge)	
		9:30-10:30 Teens Get Fit Maryann (paid)		9:30-10:30 Teens Get Fit Maryann (paid)			
10am	10:30-11:25 Zumba Christine (ge)	10:30-11:25 Pilates Ralph (ge)	10:40- 11:30 SilverSneakers Cardio II Patty (ge)	10:30-11:25 Pilates Ralph (ge)	10:30-11:25 Body Sculpt Deanna (ge)	10:00-11:00 Step II Bianca (ge)	
		10:30-11:00 or 11:00-11:30 Summer Sizzle Ginny (paid)		10:30-11:00 or 11:00-11:30 Summer Sizzle Ginny (paid)	10:30-11:00 or 11:00-11:30 Summer Sizzle Ginny (paid)		
11am	11:40-12:25 SilverSneakers Joyce (ge)	11:40-12:25 SilverSneakers Maryann (ge)	11:40-12:25 SilverSneakers YogaStretch George (ge)	11:40-12:25 SilverSneakers Joyce (ge)	11:40-12:25 SilverSneakers George (ge)	11:05-12:05 Yoga Mary (ge)	11:15-12:10 Fitness Yoga Carol (ge)