

Legacy YMCA Fall Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Fitness Room 3					
Y Silver (Linda) 8:00am - 9:00am	Y Arthritis (Linda) 8:00am - 8:45am	Y Silver (Linda) 8:00am - 9:00am	Y Arthritis (Linda) 8:00am - 8:45am	Y Silver (Linda) 8:00am - 9:00am	
Y Step (Linda) 9:00am - 10:00am	Y Yoga (Linda) 8:45am - 9:45am	Y Step (Linda) 9:00am - 10:00am	Y Yoga (Linda) 8:45am - 9:45am	Y Step (Linda) 9:00am - 10:00am	
Y Yoga (Lisa) 10:00am - 11:00am	Y Line Dance 9:45am - 10:30am	Y Yoga (Lisa) 10:00am - 11:00am	Y Line Dance 9:45am - 10:30am	Y Yoga (Lisa) 10:00am - 11:00am	
Power Pump (Tricia) 4:00pm - 5:00pm	Power Pump (Tricia) 4:00pm - 5:00pm		Power Pump (Tricia) 4:00pm - 5:00pm		
Zumba (Sherry) 5:30pm - 6:30pm	Zumba (Melissa) 5:30pm - 6:30pm		Zumba (Sherry) 5:30pm - 6:30pm		
	Y Step (Curtis) 7:00pm - 8:00pm		Y Step (Curtis) 7:00pm - 8:00pm		
Purmotion					
Christy 5:45am - 6:30am		Christy 5:45am - 6:30am		Christy 5:45am - 6:30am	
Cara 10:00am - 11:00am		Cara 10:00am - 11:00am		Cara 10:00am - 11:00am	
Linda (Beginner) 11:15am - 12:00pm		Linda (Beginner) 11:15am - 12:00pm		Linda (Beginner) 11:15am - 12:00pm	
Gina (Express) 12:15pm - 1:00pm	Margie 12:00pm - 1:00pm	Gina (Express) 12:15pm - 1:00pm	Gina 12:00pm - 1:00pm		
Cara 5:00pm - 6:00pm	Cara 5:00pm - 6:00pm		Cara 5:00pm - 6:00pm		

Legacy YMCA Fall Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle Studio					
Dale 9:00am - 10:00am		Dale 9:00am - 10:00am		Dale 9:00am - 10:00am	
Margie 5:30pm - 6:30pm	Margie 5:30pm - 6:30pm	Sherry 6:00pm - 7:00pm	Margie 5:30pm - 6:30pm		Lisa 9:00am - 10:00am
Group Fitness Room 2					
Y Core (Ollie) 8:00am - 8:30am		Y Core (Ollie) 8:00am - 8:30am		Y Core (Ollie) 8:00am - 8:30am	
Program Rooms 1 & 2					
Y Yoga (Sarah) 6:15pm - 7:15pm	Y Yoga (Sarah) 6:15pm - 7:15pm		Y Yoga (Sarah) 6:15pm - 7:15pm		
Aquatics					
Aquacise (Ollie) 9:00am - 10:00am	Aquacise (Ollie) 9:00am - 10:00am	Aquacise (Ollie) 9:00am - 10:00am	Aquacise (Ollie) 9:00am - 10:00am	Aquacise (Ollie) 9:00am - 10:00am	
Arthritis (Linda) 10:00am - 11:00am	Arthritis (Linda) 10:00am - 11:00am	Arthritis (Linda) 10:00am - 11:00am	Arthritis (Linda) 10:00am - 11:00am	Arthritis (Linda) 10:00am - 11:00am	Aquacise 9:00am - 10:00am
Aqua Challenge (Sarah) 11am - 12pm		Aqua Challenge (Sarah) 11am - 12pm			
	Aqua Challenge (Sarah) 6pm - 7pm		Aqua Challenge (Sarah) 6pm - 7pm		