



**"We're here for you."**

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle</b> 8:30-9:15 AM Kelly C/Mike   Studio	<b>Strength &amp; Balance</b> 7:30 -8:15 AM Tanya   Studio	<b>Silver Sneakers Classic</b> 7:30 -8:15 AM Jennifer   Studio	<b>Silver Sneakers Classic</b> 7:30 -8:15 AM Jennifer   Studio	<b>Silver Sneakers Classic</b> 7:30 -8:15 AM Jennifer   Studio	<b>Muscle Max</b> 8:00-9:00 AM Kelly K   Studio	<b>Cycle</b> 9:15-10:00 AM Terri/Sarah   Studio
<b>Barre Fusion</b> 9:30-10:15 AM Lindsay   Studio	<b>HIIT</b> 8:30-9:30 AM Kelly K   Studio	<b>Muscle Max</b> 8:30-9:15 AM Kelly C   Studio	<b>Total Body</b> 8:30-9:15 AM Mike   Studio	<b>Cycle &amp; Sculpt</b> 8:30-9:30 AM Rose   Studio	<b>CIRCL Mobility™</b> 9:15-10:00 AM Mel   Studio	<b>NEW! Yoga</b> 10:15-11:00 AM Maria   Studio
	<b>Aqua Tone &amp; Stretch</b> 9:00- 10:00 AM Lili   Pool (No class 9/9)		<b>Aqua Tone &amp; Stretch</b> 9:00-10:00 AM Lili   Pool (No class 9/11)			
	<b>Silver Splash</b> 10:15-11:15 AM Lili   Pool (No class 9/9)		<b>Seated Strength &amp; Balance</b> 10:00-10:45 AM Mel   Studio			
			<b>Silver Splash</b> 10:15-11:15 AM Lili   Pool (No class 9/11)			
EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle</b> 6:30-7:15 PM Mike/Hayley   Studio	<b>Pump It</b> 6:00-6:45 PM Terri   Studio	<b>Cycle</b> 6:00-6:45 PM Mike/Rose/Sarah   Studio	<b>Zumba</b> 5:00-5:45 PM Justine   Studio			
	<b>NEW! Latin Heat</b> 7:00-7:45 PM Samantha   Studio	<b>Yoga</b> 7:00-8:00 PM Katie   Studio	<b>Total Strength</b> 6:00-6:45 PM Sarah   Studio			
				<div><b>Group Exercise Schedule</b> Group exercise classes are included with membership. Registration required for aqua group exercise classes only through Mindbody or by visiting the Welcome Center as space is limited.</div> <div><b>Nazareth Stay &amp; Play Hours:</b> Monday-Friday 8:30AM-11:30AM Monday-Thursday 5:00-7:30PM Saturday 8:30AM-12:30PM</div>		
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	
		For the most current class information please visit <a href="#">Schedules</a> or scan the QR Code.				Visit us on <a href="#">Y Wellness 24/7</a> for our live Virtual Group Exercise class schedule and hundreds of on-demand classes!
Updated 9/4/25						