



Northwest Hillsborough Family YMCA | September 14th - September 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HEAT Group Fitness Studio	8:00AM-8:55AM (Group Fitness) <i>Ami G.</i>						
Water Fitness Pool	9:00AM-9:55AM (Water Fitness) <i>Elaine C.</i>		9:00AM-9:55AM (Water Fitness) <i>Elaine C.</i>				
LES MILLS BODYPUMP™ Group Fitness Studio	9:10AM-10:05AM (Group Fitness) <i>Cary S.</i> 5:30PM-6:25PM (Group Fitness) <i>Pedro G.</i>		9:10AM-10:05AM (Group Fitness) <i>Jenn G.</i>	5:30PM-6:25PM (Group Fitness) <i>Jenn G.</i>		9:00AM-9:55AM (Group Fitness) <i>Jenn G.</i>	
Cycling Cycle Studio	9:15AM-10:10AM (Cycle) <i>Shawn B.</i>	9:15AM-10:10AM (Cycle) <i>Mindy W.</i> 5:30PM-6:25PM (Cycle) <i>Jenn G.</i>	10:15AM-11:05AM (Cycle) <i>Cary S.</i> 5:30PM-6:25PM (Cycle) <i>Rosa L.</i>	9:15AM-10:10AM (Cycle) <i>Melinda L.</i>	9:15AM-10:10AM (Cycle) <i>Cary S.</i>		
Yoga Group Fitness Studio	10:20AM-11:15AM (Mind And Body) <i>Elaine C.</i>			7:30PM-8:25PM (Mind And Body) <i>Elizabeth P.</i>	9:10AM-10:05AM (Mind And Body) <i>Pedro G.</i>	10:15AM-11:10AM (Mind And Body) <i>Shannon T.</i>	
SilverSneakers® Circuit Group Fitness Studio	11:30AM-12:25PM (Active Older Adults) <i>Zakeia S.</i>		12:30PM-1:25PM (Active Older Adults) <i>Melinda L.</i>				
Line Dancing Group Fitness Studio	12:30PM-1:25PM (Group Fitness) <i>Zakeia S.</i>						
Dance Fusion Group Fitness Studio	6:30PM-7:25PM (Group Fitness) <i>Candice S.</i>		5:30PM-6:25PM (Group Fitness) <i>Candice S.</i>				
Circuit Training Group Fitness Studio		5:30AM-6:25AM (Group Fitness) <i>Melanie L.</i> 8:00AM-8:55AM (Group Fitness) <i>Mary A.</i>					

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AquaBata/HIIT Pool		8:00AM-8:55AM (Water Fitness) <i>Alysha A.</i>		8:00AM-8:55AM (Water Fitness) <i>Melinda L.</i>			
Pilates Group Fitness Studio		9:10AM-10:05AM (Mind And Body) <i>Mary A.</i>		8:00AM-8:55AM (Mind And Body) <i>Mary A.</i>			
Zumba Group Fitness Studio		10:20AM-11:15AM (Group Fitness) <i>Peggy R.</i>		9:10AM-10:05AM (Group Fitness) <i>Jessica N.</i>	10:20AM-11:15AM (Group Fitness) <i>Peggy R.</i>		10:30AM-11:25AM (Group Fitness) <i>Mila A.</i>
SilverSneakers® Classic Group Fitness Studio		11:30AM-12:25PM (Active Older Adults) <i>Jenn G.</i>	11:30AM-12:25PM (Active Older Adults) <i>Melinda L.</i>	11:30AM-12:25PM (Active Older Adults) <i>Jessica N.</i>	11:30AM-12:25PM (Active Older Adults) <i>Luiza F.</i> 12:30PM-1:25PM (Active Older Adults) <i>Luiza F.</i>		
SilverSneakers® BOOM Muscle Group Fitness Studio		12:30PM-1:25PM (Active Older Adults) <i>Jenn G.</i>					
Barre Group Fitness Studio		5:30PM-6:25PM (Group Fitness) <i>Marcia C.</i>					
Step Circuit Group Fitness Studio		6:30PM-7:25PM (Group Fitness) <i>Marcia C.</i>					
HEAT Gymnasium			8:00AM-8:55AM (Group Fitness) <i>Ami G.</i>				
LES MILLS BODYCOMBAT™ Group Fitness Studio			8:00AM-8:55AM (Group Fitness) <i>Jenn G.</i>	6:30PM-7:25PM (Group Fitness) <i>Jenn G.</i>			
Yin Yoga Group Fitness Studio			10:20AM-11:15AM (Mind And Body) <i>Amy C.</i>				
Body Sculpt Group Fitness Studio			6:30PM-7:25PM (Group Fitness) <i>Michele W.</i>	10:20AM-11:15AM (Group Fitness) <i>Jessica N.</i>			
Tai Chi Group Fitness Studio			7:30PM-8:25PM (Mind And Body) <i>Arleen A.</i>				
SilverSneakers® Yoga Group Fitness Studio				12:30PM-1:25PM (Active Older Adults) <i>Jessica N.</i>			

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LES MILLS BODYPUMP HEAVY™ Group Fitness Studio					8:00AM-8:55AM (Group Fitness) <i>Cary S.</i>		
Aqua Pool					9:00AM-9:55PM (Water Fitness) <i>Luiza F.</i>		
Run Club Meet Outside						8:00AM-9:00AM (General) <i>Luiza F.</i>	
LES MILLS SPRINT™ Cycle Studio						8:00AM-8:45AM (Cycle) <i>Lisa N.</i>	