



CLINTON COMMUNITY YMCA

GROUP FITNESS SCHEDULE

ALL CLASSES HELD IN AEROBICS STUDIO EXCEPT WHERE NOTED

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 a.m.		BODYPUMP 5:30 – 6:30 a.m.	BODYATTACK 5:30 – 6:15 a.m.	BODYPUMP 5:30 – 6:30 a.m.	BODYATTACK 5:30 - 6:15 a.m.		
6 a.m.					RPM 6:20 – 7:05 a.m.	BODYPUMP 7:00 – 8:00 a.m.	
8 a.m.	BODYPUMP 8:30-9:30 a.m.	BLISS YOGA * 8- 8:45 a.m.	BODYPUMP 8:30-9:30 a.m.	BLISS YOGA * 8- 8:45 a.m.	BODYPUMP 8:30-9:30 a.m.	Rotating Les Mills Class Follows Saturday BodyPump at 8:05 a.m.!	
		GRIT 8:30-9 a.m.		GRIT 8:30-9 a.m.			
9 a.m.	CXWORX 9:35 – 10:05 a.m.		CXWORX 9:35-10:05 a.m.				
11 a.m.							
4 p.m.	RPM 4:45 – 5:30 p.m.	BODYPUMP 4:15-5 p.m.	Stretching & Strengthening* 4:45 – 5:20 p.m.	BODYPUMP 4:15-5 p.m.			RPM 3-3:45pm
5 p.m.	BODYATTACK 5:40 – 6:25 p.m.	CXWORX 5:10 – 5:40 p.m.	BODYATTACK 5:40 – 6:25 p.m.	CXWORX 5:10 – 5:40 p.m.			
		BODYPUMP 5:45 – 6:45 p.m.		BODYPUMP 5:45 – 6:45 p.m.			
6 p.m.		BOSU Balance* 6:45- 7:30 P.M.		BOSU Balance * 6:45- 7:30 P.M.			

*= CLASS HELD IN SPIRIT ROOM