



CLINTON COMMUNITY YMCA

GROUP FITNESS SCHEDULE Winter 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LES MILLS GRIT 5:30am-6:00am Rennie Cluver	LES MILLS BODYPUMP 5:30am-6:30am Melinda Akers	LES MILLS GRIT 5:30am-6:00am Ve'Laura Bradshaw	LES MILLS BODYPUMP 5:30am-6:30am Melinda Akers		LES MILLS BODYPUMP 7:00am-8:00am Sara Penny
LES MILLS BODYPUMP 8:30am-9:30am Gretchen Isaac	Bliss Yoga 8:00am-8:45am Class in Spirit Room Jordan Gesell	LES MILLS BODYPUMP 8:30am-9:30am Gretchen Isaac	Bliss Yoga 8:00am-8:45am Class in Spirit Room Jordan Gesell	LES MILLS BODYPUMP 8:30am-9:30am Gretchen Isaac	
	LES MILLS BODYCOMBAT 8:45am-9:45am Gretchen Isaac		LES MILLS BODYCOMBAT 8:45am-9:45am Gretchen Isaac		
LES MILLS CORE 4:30pm-5:00pm Melinda Akers	LES MILLS BODYPUMP 4:15pm-5:15pm Steve Cors	LES MILLS CORE 4:30pm-5:00pm Melinda Akers	LES MILLS BODYPUMP 4:15pm-5:15pm Steve Cors	LES MILLS RPM 3:45pm-4:30pm Video Led Class	
LES MILLS BODYCOMBAT 5:05pm-6:00pm Melinda Akers	Gentle Yoga 5:10pm-5:55pm Class in Spirit Room Stacy Schmid	Stretch n' Strengthen 5:00pm-5:40pm Class in Spirit Room Bonnie Cors	LES MILLS BODYPUMP 6:00pm-7:00pm Sara Penny		
	LES MILLS BODYPUMP 6:00pm-7:00pm Sara Penny	LES MILLS BODYCOMBAT 5:05pm-6:00pm Melinda Akers			