




























# CLINTON COMMUNITY YMCA

## GROUP FITNESS SCHEDULE April/May 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>GRIT</b> 5:30am-6:00am	 <b>BODYPUMP</b> 5:30am-6:30am	 <b>GRIT</b> 5:30am-6:00am	 <b>BODYPUMP</b> 5:30am-6:30am		 <b>BODYPUMP</b> 7:00am-8:00am
 <b>BODYPUMP</b> 8:45am-9:45am	Bliss Yoga 8:30am-9:15am Class held in Spirit Room	 <b>BODYPUMP</b> 8:45am-9:45am	Bliss Yoga 8:30am-9:15am Class held in Spirit Room	 <b>BODYPUMP</b> 8:45am-9:45am	
 <b>CORE</b> 9:50am-10:20am Starting 4/3	 <b>BODYCOMBAT</b> 9:30am-10:30am	 <b>CORE</b> 9:50am-10:20am Starting 4/5	 <b>BODYCOMBAT</b> 9:30am-10:30am		
 <b>BODYPUMP</b> 4:00pm-5:00pm	 <b>BODYPUMP</b> 4:15pm-5:15pm	 <b>BODYPUMP</b> 4:00pm-5:00pm	 <b>BODYPUMP</b> 4:15pm-5:15pm	 <b>RPM</b> 3:45pm-4:30pm Video Led Class	
 <b>CORE</b> 5:15pm-5:45pm	 <b>BODYCOMBAT</b> 5:15pm-6:00pm	Stretch n' Strengthen 5:00pm-5:40pm Class held in Spirit Room	 <b>BODYCOMBAT</b> 5:15pm-6:00pm		
 <b>BODYATTACK</b> 6:00pm-6:45pm	 <b>BODYPUMP</b> 6:05pm-7:05pm	 <b>CORE</b> 5:15pm-5:45pm	 <b>BODYPUMP</b> 6:05pm-7:05pm		
		 <b>GRIT</b> 5:50pm-6:20pm			

