

Y STARTER CLASSES™

Suffolk Family YMCA
(757) 934-9622

Starter Group Exercise Schedule

Mission: To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		Y-Pilates 6:30-7:15	ZUMBA 5:15-6:15	Y-Pilates 6:30-7:15			
	Aquapower 8:30-9:30	Aquapower 8:30-9:30	Aquapower 8:30-9:30	Aquapower 8:30-9:30	Aquapower 8:30-9:30		
	Starter Cycling 8:30-9:00		Starter Cycling 8:30-9:00				
	Stretch & Core 8:30-9:00	Abs & More 8:30-9:00	Cardio Core 8:30-9:00	Abs & More 8:30-9:00		Abs & More 8:30-9:00	
	ZUMBA 9:15-10:15	Strength & Tone 9:15-10:15	Strength & Tone 9:15-10:15	Strength & Tone 9:15-10:15	Strength & Tone 9:15-10:15	Y-Pilates 9:15-10:15	
			Y-Pilates 9:15-10:15		Yoga 9:15-10:15		
	Deep Water 10:00-11:00		Deep Water 10:00-11:00		Deep Water 10:00-11:00	Starter Pilates 10:30-11:15	← Sept. 4th
	Yoga 10:30-11:30		Yoga 10:30-11:30		Starter Step 10:30-11:15	← Sept. 11th	
Lunch	Aqualite 11:00-12:00	Strength & Tone *AOA 11:30-12:30	Aqualite 11:00-12:00	Strength & Tone *AOA 11:45-12:45	Aqualite 11:00-12:00	ZUMBA 10:30-11:30	Yoga 1:30pm-2:30pm
		ZUMBA 12:45-1:45	Drive-Thru Circuit 11:30-1:00 NEW	Chair Yoga 11:45-12:45 NEW	← Sept. 9th	Starter Cycling 10:30-11:15	← Sept. 4th & 10th
PM			ZUMBA 4:15-5:15				ZUMBA 3pm-4pm
	Abs & More 5:30-6	Abs & More 5:30-6	Abs & More 5:30-6	Abs & More 5:30-6	Abs & More 5:30-6		
	Starter Cycling 5:30-6		Starter Cycling 5:30-6				
	Yoga 6:15-7:15	Y-Pilates 6:15-7:15	Yoga 6:15-7:15	Y-Pilates 6:15-7:15		** AOA is Active Older Adult Please wear loose breathable clothing with cross trainers.	
	Deep Water 7:15-8:15	Aquapower 7:15-8:15	Deep Water 7:15-8:15	Aquapower 7:15-8:15	Instructors * Choice 7:30-8:30	* All classes are all Multi Level unless stated otherwise!	
Yoga 7:30-8:30	ZUMBA 7:30-8:30	Yoga 7:30-8:30			Due to special circumstances schedule or instructors may change.		
							Please abide by the "5-Minute Rule" and do not enter class 5 minutes or more after the class begins.