



Group Exercise Schedule: Semones Family YMCA
Effective October 5th, 2026

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	BODYPUMP Nashnome (GX2)		BODYPUMP Nashnome (GX2)				
5:45am	CYCLE Calvin (CS)		CYCLE Calvin (CS)	BOOT CAMP Todd (GYM)	CARDIO STREGTH INTERVALS Marlyn (GX2)		
		CYCLE Mary (CS)		CYCLE Mary (CS)			
		YOGA-FLOW Karen (GX2)		YOGA-FLOW Karen (GX2)	CYCLE Claire (CS)		
7:15am						BODYPUMP Valerie (GX2)	
8:15am		YOGA Debbie (GX1)		YOGA Debbie (GX1)			
8:15am	BODYPUMP Brenda (GX2)	CYCLE Kim (CS)	BODYPUMP Brenda (GX2)	CYCLE Kim (CS)	STEP Marlyn (GX2)		
8:30am	AQUA FITNESS Jamie (outdoor pool)	AQUA FITNESS Jamie (outdoor pool)	AQUA FITNESS & * 9:15 AQUA YOGA Melanie (outdoor pool)	AQUA FITNESS Melanie (outdoor pool)	AQUA FITNESS Jamie (outdoor pool)	CARDIO STREGTH INTERVALS Marlyn (GX2)	
	BARRE FUSION Rio (GX1)	STEP Beth (GX2)	BARRE FUSION Rio (GX1)	CARDIO STRENGTH INTERVALS Christina (GX2)	PILATES Rio/Beth (GX1)	BARRE FUSION Grace (GX1)	
9:30am	BODYPUMP Laken (GX2)	BODYPUMP Kim (GX2)	BODYPUMP Nina (GX2)	BODYPUMP Kim (GX2)	STRENGTH Sharon (GX2)	*STARTS AT 9 AQUA FITNESS Nancy (outdoor pool)	
	BODYCOMBAT Brenda (GX1)	POP PILATES Mary C. (GX1)	BODYCOMBAT Brenda (GX1)	POP PILATES Mary C. (GX1)		BODYPUMP Rotation (GX2)	
9:30am	LOW IMPACT Sandra (GYM)	LOW IMPACT Juliette (GYM)	LOW IMPACT Sandra (GYM)	LOW IMPACT Christina (GYM)	ZUMBA GOLD Joann (GX1)	ZUMBA Sandra (GX1)	
	CYCLE Sydney (CS)		CYCLE Angela (CS)		CYCLE Sydney (CS)	CYCLE Gregory (CS)	
10:30am	STRETCH Brenda (GX1)	AOA CHAIR FITNESS Sherri (GYM)	STRETCH Brenda (GX1)	AOA CHAIR FITNESS Sherri (Gym)			
10:45am	YOGA-Gentle David (GX2)	YOGA Caery (GX1)	YOGA-Gentle David (GX2)	YOGA-POWER Caery (GX1)	BODYPUMP Laken (GX2)	YOGA-FLOW Kim D. (GX1)	
11:30am		YOGA-CHAIR Sherri (GYM)		YOGA-CHAIR Sherri (GYM)			
11:45am	STRENGTH Sharon (GX2)						
12:00pm	DANCE FITNESS Michelle (GX1)		DANCE FITNESS Michelle (GX2)		YOGA Debbie (GX1)		
			YOGA Debbie (GX1)				
12:30pm		MOVE.LAUGH. CONNECT (GX1)		MOVE.LAUGH. CONNECT (GX1)			
12:45pm	BARRE Michelle (GX1)		BARRE Michelle (GX1)				

1:15pm	AOA CHAIR FITNESS Sandra (GYM)		AOA CHAIR FITNESS Sandra (GYM)			YOGA Kristi (GX1)	
1:30pm							CYCLE Rotation (CS)
2:00pm		LIVESTRONG Betty (GX1)		LIVESTRONG Betty (GX1)			
3:00pm	AQUA FITNESS Melanie (Outdoor pool)		AQUA FITNESS Jamie (Outdoor pool)				YOGA-FLOW Barb (GX1)
4:00pm	YOGA-FLOW Priscilla (GX1)		YOGA-FLOW Priscilla (GX1)				
5:00PM		YOGA Debbie (GX1)		YOGA Debbie (GX1)			
5:15PM	CARDIO STRENGTH INTERVALS Marlyn (GX2)		POP PILATES Mary C (GX1)				
	BARRE Elizabeth (GX1)		BODYPUMP Zoe (GX1)				
5:30PM		BODYCOMBAT Ariel (GX2)	CYCLE Marlyn (CS)				
			BODYPUMP Zoe (GX1)				
5:45pm	CYCLE LES MILLS THE TRIP Alejandra (CS)						
6:15pm	ZUMBA Yana (GX1)		ZUMBA Yana (GX1)				
6:30pm	BODYPUMP Alejandra (GX2)	TAI CHI Mark (GX1)		BODYBALANCE Melanie (GX2)			
		BODYPUMP Nina (GX2)					
7:15pm	YOGA-FLOW Karen (GX1)		YOGA-FLOW Karen (GX1)				

All class time varies from 55 minute, 45-minute, or 30-minute offerings.
Members are required to bring their own mats to class.