# GROUP EXERCISE SCHEDULE
# november 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|---|---|---|
| 1 | **2**<br><br>6A CYCLE/BETH<br>9A VIRTUAL FIT/AEROBICS ROOM<br>10A ARTHRITIS/DEBBIE<br>11A PRACTICAL PILATES/ANNETTE<br>11A WATER AEROBICS/DOT<br>12:15P ZUMBA CHAIR/LISA<br>1P CHAIR YOGA/ANNETTE | **3**<br><br>9A YOGA/ILISE<br>10A VIRTUAL FIT/AEROBICS ROOM<br>11A WATER AEROBICS/VALERIE<br>1P SILVER SNEAKERS/VALERIE<br>6P ZUMBA/MALLORIE | **4**<br><br>6A CYCLE/BETH<br>10A ZUMBA/TONING/LISA<br>11A WATER AEROBICS/DOT<br>5:15 POUND/SANDRA | **5**<br><br>9A YOGA/ILISE<br>10:15 ZUMBA TONING/AMANDA<br>11A WATER AEROBICS/VALERIE<br>1P SILVER SNEAKERS/DEBBIE<br>6P STRENGHT & CONDITIONING W/SYDNEY | **6**<br><br>6A CYCLE/BETH<br>11A AQUA ZUMBA/LULU<br>12P ZUMBA/AMANDA | **7**<br>10A ZUMBA/CYNTHIA |
| 8 | **9**<br><br>6A CYCLE/BETH<br>9A VIRTUAL FIT/AEROBICS ROOM<br>10A ARTHRITIS/DEBBIE<br>11A PRACTICAL PILATES/ANNETTE<br>11A WATER AEROBICS/DOT<br>12:15P ZUMBA CHAIR/LISA<br>1P CHAIR YOGA/ANNETTE | **10**<br><br>9A YOGA/ILISE<br>10A VIRTUAL FIT/AEROBICS ROOM<br>11A WATER AEROBICS/VALERIE<br>1P SILVER SNEAKERS/VALERIE<br>6P ZUMBA/MALLORIE | **11**<br><br>6A CYCLE/BETH<br>10A ZUMBA/TONING/LISA<br>11A WATER AEROBICS/DOT<br>5:15 STRENGHT & CONDITIONING W/SYDNEY | **12**<br><br>9A YOGA/ILISE<br>10:15 ZUMBA TONING/AMANDA<br>11A TAI CHI/MARIO<br>11A WATER AEROBICS/VALERIE<br>1P SILVER SNEAKERS/DEBBIE<br>6P STRENGHT & CONDITIONING W/SYDNEY | **13**<br><br>6A CYCLE/BETH<br>11A AQUA ZUMBA/LULU<br>12P ZUMBA/AMANDA | **14**<br><br>10A ZUMBA/CYNTHIA |
| 15 | **16**<br><br>6A NO CYCLE CLASS<br>9A VIRTUAL FIT/AEROBICS ROOM<br>10A ARTHRITIS/DEBBIE<br>11A PRACTICAL PILATES/ANNETTE<br>11A WATER AEROBICS/DOT<br>12:15P ZUMBA CHAIR/LISA<br>1P CHAIR YOGA/ANNETTE | **17**<br><br>9A YOGA/ILISE<br>10A VIRTUAL FIT/AEROBICS ROOM<br>11A WATER AEROBICS/VALERIE<br>1P SILVER SNEAKERS/VALERIE<br>6P ZUMBA/MALLORIE | **18**<br><br>6A CYCLE/BETH<br>10A ZUMBA/TONING/LISA<br>11A WATER AEROBICS/DOT<br>5:15 POUND/SANDRA | **19**<br><br>9A YOGA/ILISE<br>10:15 ZUMBA TONING/AMANDA<br>11A TAI CHI/MARIO<br>11A WATER AEROBICS/VALERIE<br>1P SILVER SNEAKERS/DEBBIE<br>6P STRENGHT & CONDITIONING W/SYDNEY | **20**<br><br>6A CYCLE/BETH<br>11A AQUA ZUMBA/LULU<br>12P ZUMBA/LULU | **21**<br><br>10A ZUMBA/CYNTHIA |
| 22 | **23**<br><br>6A CYCLE/BETH<br>9A VIRTUAL FIT/AEROBICS ROOM<br>10A ARTHRITIS/DEBBIE<br>11A PRACTICAL PILATES/ANNETTE<br>11A WATER AEROBICS/DOT<br>12:15P ZUMBA CHAIR/LISA<br>1P CHAIR YOGA/ANNETTE | **24**<br><br>9A NO YOGA CLASS<br>10A VIRTUAL FIT/ AEROBICS ROOM<br>11A WATER AEROBICS/VALERIE<br>1P SILVER SNEAKERS/VALERIE<br>6P ZUMBA/MALLORIE | **25**<br><br>6A CYCLE/BETH<br>10A ZUMBA/TONING/LISA<br>11A WATER/AEROBICS/DOT<br>5:15 NO POUND CLASS | **26**<br><br>*CLOSED*<br><br>*HAPPY THANKSGIVING!!!* | **27**<br><br>6A CYCLE/BETH<br>11A AQUA ZUMBA/LULU<br>12P ZUMBA/AMANDA | **28**<br><br>10A ZUMBA/CYNTHIA |
| 29 | **30**<br><br>6A CYCLE/BETH<br>9A VIRTUAL FIT/ AEROBICS ROOM<br>10A ARTHRITIS/DEBBIE<br>11A PRACTICAL PILATES/ANNETTE<br>11A WATER AEROBICS/DOT<br>12:15P ZUMBA CHAIR/LISA<br>1P CHAIR YOGA/ANNETTE | | | | | |

*SCHEDULE SUBJECT TO CHANGE. PLEASE CHECK THE YMCA WEBSITE OR FRONT DESK FOR THE MOST UP TO DATE INFORMATION.*