

Winsted YMCA Group Ex, Cycling & Aquacise

Spring II / Summer Session

| Group Exercise | Group Cycling | Aquacise |
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| Monday: | Monday: | Monday: |
| Ab Blast 10:00am 11:00am | Indoor Cycling 8:30am 10:00am | Aquacise 9:00am 10:00am |
| Lunch Time Tone 12:10pm 12:50pm | Indoor Cycling 5:30pm 6:30pm | |
| 20/20/20 6:30pm 7:30pm | | |
| Tuesday: | Tuesday: | Tuesday: |
| Body Tone 9:40am 10:10am | Indoor Cycling 8:30am 9:30am | Aquacise 9:00am 10:00am |
| Silver Sneakers MSROM 10:30am 11:30am | | |
| Adult Recess 6:00pm 7:00pm | | |
| Body Sculpt 6:00pm 7:00pm | | |
| Boot Camp 7:00pm 8:00pm | | |
| Wednesday: | Wednesday: | Wednesday: |
| Belly Dancing 9:00am 10:00am | Indoor Cycling 8:00am 9:00am | Aquacise 9:00am 10:00am |
| Yoga 10:30am 11:30am | Indoor Cycling 5:30pm 6:30pm | |
| Lunch Time Tone 12:10pm 12:50pm | | |
| Total Body Conditioning 6:30pm 7:30pm | | |
| Thursday: | Thursday: | Thursday: |
| Silver Sneakers MSROM 10:30am 11:30am | Indoor Cycling 9:00am 10:00am | Aquacise 9:00am 10:00am |
| Zumba 6:00pm 7:00pm | Indoor Cycling 7:00pm 8:00pm | High Intensit 6:00pm 7:00pm |
| Boot Camp 7:00pm 8:00pm | | |
| Friday: | Friday: | Friday: |
| Yoga 10:30am 11:30am | Indoor Cycling 8:00am 9:00am | Aquacise 9:00am 10:00am |
| Stability Ball/ Body Scul 6:00pm 7:00pm | Indoor Cycling 9:00am 10:00am | |
| Saturday: | Saturday: | Saturday: |
| Cardio Kickboxing 9:00am 10:00am | Indoor Cycling 8:00am 9:00am | |