HEALTHY LIVING CENTER - GROUP EXERCISE

**INSTRUCTOR AND CLASS SUBJECT TO CHANGE

Sunday			
Time	**Class**	**Instructor**	**Location**

Monday			
Time	**Class**	**Instructor**	**Location**
9:00AM-9:55AM	Basic & Brief	Becky	Basic & Brief Room
9:30AM-10:15AM	Line Dance	Karen	Studio 1
10:30AM-11:15AM	YBox	Adam	Studio 1
4:00 PM --4:55PM	AMP'D BUILD (***starting 12/7)***	Stephanie	Studio 1
5:30PM-6:25PM	TurboKick/ SOUL Strength	NancyJo	Studio 1
5:45PM-6:30PM	Cycling	Tracey	3R Hallway
6:30PM-7:25PM	Zumba	Kellie	Studio 1

Tuesday			
Time	**Class**	**Instructor**	**Location**
9:30AM-10:25AM	Strength Training	Curtis	Studio 1
10:30AM - 11:25AM	Strength & Balance **(starting 1/5)**	Michelle	Studio 1
11:30AM-12:25PM	Latin Dance	Olga	Studio 1
1:00PM-1:45PM	SOULStrength	NancyJo	Studio 1
5:30PM-6:15PM	Cycling	Stephanie	3R Hallway
5:30PM-6:25PM	Strength Training	Heidi	Studio 1

Wednesday			
Time	**Class**	**Instructor**	**Location**
9AM-9:55AM	Basic & Brief	Kellie	Basic&Brief Room
9:30AM-10:25AM	SOUL Fusion	NancyJo	Studio 1
11AM-11:45AM	Zumba Toning	Kellie	Studio 1
2:00PM-2:55PM	Happy Feet	Joy	Studio 1
5:30PM-6:25PM	Amp'D	Julia	Studio 1
5:45PM-6:30PM	Cycling	Patrick	3R Hallway

Thursday			
Time	**Class**	**Instructor**	**Location**
8:15AM-9:00AM	Cycling	Barb	3R Hallway
9:30AM-10:25AM	Body Blitz	Barb	Studio 1
1:00PM-1:45PM	SOUL Strength	Nancy Jo	Studio 1
5:30PM-6:25PM	SOUL Fusion	Nancy Jo	Studio 1
5:30PM-6:25PM	Cycling	Stephanie	3R Hallway
6:30PM-7:25PM	Line Dance	Chris **(last class 11/19)**	Studio 1

Friday			
Time	**Class**	**Instructor**	**Location**
8:00AM-8:55AM	Latin Dance Gold	Olga	Studio 1
9:30AM-10:25AM	Body Blitz	Jeremias	Studio 1
10:30AM-11:15AM	YBox	Adam	Studio 1
11:30 AM-12:25PM	Latin Dance	Olga	Studio 1
5:30PM-6:25PM	AMP'D	Julia	Studio 1

Saturday			
Time	**Class**	**Instructor**	**Location**
9:00AM-9:45AM	Cycling	Tracey	3R Hallway
9:30AM-10:25AM	Turbokick / SOULStrength	Nancy Jo	Studio 1

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https://www.ymcaerie.org/glenwood/amenities/

Scan for full online schedule

NOVEMBER 2026