**Fremont Family YMCA**

**Group Fitness Classes – LAND**

**Fall 2019**

(This schedule will begin September 3rd)

**Monday (before noon am) Monday (after 12 pm)**

5:30 – 6:30 BODYPUMP™ (Kristen) 4:30 – 5:30 Cycle Boot Camp (Irene) **Fremont Health RM**

6:35 – 7:35 BODYFLOW™ (Deb)

7:30 – 8:30 STRONG by Zumba (Eve) 4:30 – 5:30 BODYPUMP™ (Angie)

8:10 – 9:10 BODYPUMP™ (Christy) 5:35 – 6:05 CXWORX (Angie)

9:15 – 9:55 Cardio Barre (Sarah) 6:10 – 7:10 BODYFLOW (Nancy)

9:00 – 10:00 Pilates (Susan) **Gymnastics Center**

10:00 – 11:00 Forever Fit (Joyce)

**Tuesday (before noon am)**

5:15 – 5:30 Intro to Queenax **Tuesday (after 12 pm)**

5:30 - 6:15 Chisel & Sculpt (Kristen) 12:00-1:00 Body Pump (Christy)

5:30 – 6:15 Anything Goes Cardio (Deb) **Large Gym** 4:30 – 5:20 20-20-20 Burn (Irene) **Fremont Health RM**

6:20 – 6:40 CXWORX (Deb) 4:30 – 5:20 Zumba (Eve)

7:00 – 8:00 Yogilates (Michele) 5:30 – 6:30 Gutts & Butts (Denise)

6:00 – 6:15 Intro to Queenax

6:30 – 7:30 Queen HIIT (Angie)

8:15 – 9:00 Power Spin (Jenny) **Fremont Health RM** 6:30 – 7:30 BODYPUMP (Denise)

9:00 – 9:50 SilverSneakers® Classic (Laura)

10:00 – 10:55 Tai Chi (Shirley)

11:00 – 11:50 Movement Improvement (Kathi)

**Wednesday (before noon am) Wednesday (after 12 pm)**

5:30 – 6:15 Body Pump Express (Sara)4:45 – 5:15 Cycle Boot Camp (Irene) **Fremont Health RM**

5:30 – 6:10 Queen Express (Deb) 5:15 – 6:00 Cardio CX (Deb)

6:20– 7:20 BODYFLOW (Deb) 5:30 – 6:25 BODYPUMP™ (Kristen)

8:10 – 9:10 BODYPUMP™ (Angie) 6:30 – 7:00 CXWORX (Angie)

9:15 – 9:55 Cardio Barre (Sarah)

10:00 – 11:00 Forever Fit (Joyce)

11:15 – 12:15 Movement Improvement 2 (Kathi)

**Thursday (before noon am)** **Thursday (after 12 pm)**

5:15 – 5:30 Intro to Queenax

5:30 – 6:00 CXWORX (Sara) 12:00-1:00 BODYPUMP (Christy)

6:00 – 6:30 STEP (Deb) 4:30 – 5:15 Tabata Queen (Irene)

4:30 – 5:30 BODYPUMP (Nancy)

5:30 – 5:45 Intro to Queenax (Irene)

6:30 – 7:00 EXPRESS BODYFLOW (Deb) 5:35 – 6:35 Intensity Fusion (Angie)

7:00 – 7:50 Yogilates (Melissa)

8:15 – 9:00 Power Spin (Christy) **Fremont Health RM**

8:15 – 8:50 Zumba (Eve)

**Ask to join our Fremont Family YMCA Group Fitness Facebook group AND download our APP (Daxko-YMCA of Fremont) for all updates/cancelations/motivation.**

9:00 – 9:15 Intro to Queenax

9:00 – 9:50 SilverSneakers® Classic (Laura)

6:30 – 7:30 Queen HIIT (Angie)

10:00 – 10:55 Tai Chi (Shirley)

11:00 – 11:50 Movement Improvement (Kathi)

**Friday (before noon am)**

**Class size is limited for BODYPUMP. It is a first come first serve basis.** Most classes are in the Katie Humphrey Studio unless noted.

**FREMONT HEALTH RM:** Located down tennis court hallway.

**Large Gym:** Is the gym by the Wellness Center.

**Gymnastic Center:** Located upstairs next to Tennis viewing area.

5:30 – 6:30 BODYPUMP (Sarah)

5:30 – 6:15 Energy Ride (Jenny) **Fremont Health RM**

6:30 – 7:30 Queenax Bootcamp (Deb)

7:00 – 8:00 Yogilates (Michele)

8:10 – 9:10 BODYPUMP™ (Angie)

9:00 – 10:00 Pilates (Susan) **Gymnastics Center**

10:00 –11:00 Forever Fit (Joyce)

**Saturday (before noon am)**

7:20 – 8:20 BODYPUMP™ (Sara)

logo_fremonthealth.png8:25 – 8:55 EXPRESS BODYFLOW (Nancy)

8:15 – 9:00 Energy Ride (Rotating) **Fremont Health RM**

9:00 – 9:15 Intro to Queenax

9:00 – 10:00 Guts & Butts (Denise)

9:30 – 10:15 Queen HIIT (Angie)

10:05 – 11:05 Barre Fitness Toning (Denise