

Group Fitness Schedule

Starting January 9th



The YWCA is offering Studio Sweat on Demand! This program allows YWCA members to participate in quality, on-demand, virtual group fitness programming on YOUR schedule. **Classes include:** TRX, Boot Camp, Tabata, SPIN, Yoga, Kettlebell, Barre, Sculpt, and more!

How Does It Work?

Studio Sweat OnDemand is available at the times listed below in the Group Fitness Room. There is a TV that will display the Studio Sweat OnDemand app. Using the remote, simply select the class you'd like to take, and get started!

Studio Sweat OnDemand Hours

- Monday:** 6:00am - 5:30pm
- Tuesday:** 6:00am - 8:30am & 4:00pm - 7:00pm
- Wednesday:** 6:00am - 8:30am & 9:30am - 5:30pm
- Thursday:** 6:00am - 9:00am & 1:00pm - 7:00pm
- Friday:** 6:00am - 6:00pm
- Saturday:** 7:00am - 11:00am

Class Intensity Scale

Classes are ranked from 1 to 4 based on intensity. However, all classes can be modified to fit your fitness

- For beginners and/or those who need a less intense class
- Offers more of a challenge than level one, but won't leave you out of breath
- Moderately intense, but still great for all ability levels
- Be ready to break a sweat! For exercisers looking to kick it up a notch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Line Dancing 10:00AM-11:00AM Betsy ••	Total Body Tone 8:30AM - 9:30AM Charlee ••••	Polynesian Dancing 8:30AM - 9:30AM Malia ••	BUTTS & GUTS 8:30AM - 9:30AM Charlee ••••	Silver Sneakers 11:00AM-12:00PM Teresa •	Water Aerobics 9:00AM-10:00AM Patsy •
Silver Sneakers 11:00AM-12:00PM Teresa •	Water Aerobics 9:00AM-10:00AM Patsy •	Line Dancing 10:00AM-11:00AM Betsy ••	Water Aerobics 9:00AM-10:00AM Patsy •	Water Aerobics 11:00AM-12:00PM Betsy •	STUDIO sweat [®] onDemand▶
Water Aerobics 11:00AM-12:00PM Betsy •	Core/Balance 10:00AM - 11:00AM Patsy ••	Silver Sneakers 11:00AM-12:00PM Teresa •	Chair Yoga 9:00AM - 10:00AM Kelly ••	Water Arthritis 12:00PM-1:00PM Teresa •	
Water Arthritis 12:00PM-1:00PM Teresa •	Water Aerobics 11:00AM-12:00PM Patsy •	Water Aerobics 11:00AM-12:00PM Betsy •	Core/Balance 10:00AM - 11:00AM Patsy ••		
Yoga 5:30PM - 6:30PM Jess ••	Swim For Fitness 12:00PM- 1:00PM Liz •••	Water Arthritis 12:00PM-1:00PM Teresa •	Water Aerobics 11:00AM-12:00PM Patsy •		
Total Body Tone 5:30PM - 6:15PM Charlee ••••	Silver Sneakers Muscle 12:15PM - 1:00PM Betsy •••	Yoga 5:30PM - 6:30PM Jess ••	Swim For Fitness 12:00PM- 1:00PM Liz •••		
Cardio Step 6:15PM - 7:00PM Charlee •••	Cardio Drumming 3:00PM - 4:00PM Kelly ••	Total Body Tone 5:30PM - 6:15PM Charlee ••••	Silver Sneakers Muscle 12:15PM - 1:00PM Betsy •••		
	SPIN 5:30PM - 6:30PM STUDIO SWEAT •••	Core Blast 6:15PM - 7:00PM Charlee •••	SPIN 5:30PM - 6:30PM STUDIO SWEAT •••		
	Water Aerobics 6:00PM - 7:00PM Zack •		Water Aerobics 6:00PM - 7:00PM Zack •		

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 = Pool
 = Group Fitness