



2025 LAND AEROBICS & SPINNING SCHED-

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All classes are **FREE** to Members

Non-Members pay \$5 per class or \$45 month

TIME	MONDAY	RM	LEADER
5:30-6:30 AM	Yoga4Life	AS	Troy
8:30-9:15 AM	Toning/Exercise Balls	AS	Dana
5:30-6:30 PM	Zumba	AS	Yecenia
TIME	TUESDAY	RM	LEADER
5:30-6:30 AM	Sunrise Spin	SS	Troy
8:30-9:15 AM	Body Sculpting	AS	Dana
5:30-6:30 PM	Just Spin	SS	Rafaela
5:30-6:30 PM	Step Aerobics	AS	Monica
6:40—7:25 PM	Victory Vibes with Veronica	AS	Veronica
TIME	WEDNESDAY	RM	LEADER
5:30-6:30 AM	Yoga4Life	AS	Troy
8:30-9:15 AM	Body Sculpting	AS	Dana
5:30-6:30 PM	Zumba	AS	Yecenia
TIME	THURSDAY	RM	LEADER
5:30-6:30 AM	Sunrise Spin	SS	Troy
8:30-9:15 AM	Body Flex	AS	Dana
5:30-6:30 PM	Just Spin	SS	Rafaela
5:30-6:30 PM	Zumba	AS	Yecenia
6:40—7:25 PM	Victory Vibes with Veronica	AS	Veronica
TIME	FRIDAY	RM	LEADER
5:30-6:30 PM	Step Aerobics	AS	Monica
TIME	SATURDAY	RM	LEADER
9:00—9:45 AM	Victory Vibes with Veronica	AS	Veronica
10:00-11:00 AM	Key AS Aerobics Studio Spin Studio	SS	Sondra

YMCA 360 ON DEMAND

Do your Aerobics ANYTIME & ANYWHERE you want!!

YMCA 360, an exclusive collection of on demand and livestream classes. Do it at home in your PJ's or on your vacation in the mountains. Do it at the YMCA. We have TWO 55 TV's ready for YOU! Pick a class that suits your lifestyle. FREE for all current YMCA members. Go to ymca.org or

NEED PERSONAL TRAINING?

Whether you are just starting to exercise or are a well-conditioned athlete, working one-on-one with a personal trainer will help you target and achieve your fitness goals! Our trainers will set up an initial consultation with you, then customize your workout to suit your needs and goals best. All prices shown below are member prices.

#Sessions	Individual Fees	Group Fees
1	\$30/session	\$25 person
2 - 10	\$25/session	\$20 person

QUESTIONS:

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