



**Downtown Y October 2019 GROUP EXERCISE Schedule & Special Events  
YOGA Every Sunday at 1pm**

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|--|---|--|---|---|---|
|  | 1   | 2  | 3   | 4   | 5   |
|  | 6:00 Strength Train Together Muna<br>10:30 Pedaling For Parkinson's Kendalyne<br>11:45 Attic 411 Kendalyne<br>12:00 Spin Gina<br>12:00 Yoga Logan<br>5:30 Spin Darryl<br>5:30 Strength Train Together Mark<br>6:30 Yoga Michael | 5:45 Bootcamp Michael<br>6:15 Yoga Jeanie M<br>6:15 Spin Kendalyne<br>10:00 H2O Logan<br>12:00 TDef Logan<br>12:00 Spin Frannie<br>12:15 Yoga Ann<br>12:30 15 min abs Logan<br>1:00 Pound Casey<br>5:30 Spin Fawn<br>5:30 Cardio Fight Irene<br>5:30 Yoga Jamie<br>5:30 Attic 411 Kim<br>6:20 15 min abs Kim | 6:00 Strength Train Together Irene<br>9:00 Stretch Logan<br>10:30 Pedaling For Parkinson's Kendalyne<br>11:45 Attic 411 Laura<br>12:00 Spin Darryl<br>12:15 Yoga Mickie<br>5:30 Spin Gina<br>5:30 Cardiokick Rachel<br>6:00 Social Run<br>6:20 Bootcamp Shawna<br>6:30 Yoga Becky S     | 5:45 Bootcamp Michael<br>10:00 H2O Lynne<br>12:00 Spin Gina<br>12:00 TDef Logan<br>12:15 Yoga Ann<br>12:30 Thirty min abs Logan<br>5:30 Week's End Yoga Hanna | 9:00 Spin Darryl<br>9:30 Bootcamp Shawna<br>10:30 Extended Yoga Jeanie<br>11:00 Strength Train Together Mark<br><br><b>Sunday</b> 6<br>1:00 Yoga Laura  |
| 7  | 8   | 9  | 10  | 11  | 12  |
| 6:00 Bootcamp Shawna<br>6:15 Spin Michael<br>10:00 H2O Logan<br>12:00 TDef Logan<br>12:00 Spin Muna<br>12:15 Yoga Micheal<br>12:30 15 min abs Logan<br>5:30 Spin Fawn<br>5:30 Step Darryl<br>5:30 Attic 411 Michael<br>6:20 15 min abs Michael<br>6:20 Strength & Flexibility Darryl<br>6:30 Power Yoga Sheema | 6:00 Strength Train Together Muna<br>10:30 Pedaling For Parkinson's Kendalyne<br>11:45 Attic 411 Kendalyne<br>12:00 Spin Gina<br>12:00 Yoga Logan<br>5:30 Spin Darryl<br>5:30 Strength Train Together Mark<br>6:30 Yoga Michael | 5:45 Bootcamp Michael<br>6:15 Yoga Jeanie M<br>6:15 Spin Micheala<br>10:00 H2O Logan<br>12:00 TDef Logan<br>12:00 Spin Frannie<br>12:15 Yoga Ann<br>12:30 15 min abs Logan<br>1:00 Pound Casey<br>5:30 Spin Fawn<br>5:30 Cardio Fight Irene<br>5:30 Yoga Jamie<br>5:30 Attic 411 Kim<br>6:20 15 min abs Kim  | 6:00 Strength Train Together Irene<br>9:00 Stretch Logan<br>10:30 Pedaling For Parkinson's Kendalyne<br>11:45 Attic 411 Laura<br>12:00 Spin Darryl<br>12:15 Yoga Mickie<br>5:30 Spin Gina<br>5:30 Cardiokick Rachel<br>6:00 Social Run<br>6:20 Bootcamp Shawna<br>6:30 Yoga Becky S     | 5:45 Bootcamp Michael<br>10:00 H2O Lynne<br>12:00 Spin Gina<br>12:00 TDef Logan<br>12:15 Yoga Ann<br>12:30 Thirty min abs Logan<br>5:30 Week's End Yoga Hanna | 9:00 Spin Darryl<br>9:30 Bootcamp Shawna<br>10:30 Extended Yoga Becky S<br>11:00 Strength Train Together Mark<br><br><b>Sunday</b> 13<br>1:00 Yoga Rene |
| 14   | 15  | 16   | 17  | 18  | 19  |
| 6:00 Bootcamp Shawna<br>6:15 Spin Michael<br>10:00 H2O Logan<br>12:00 TDef Laura<br>12:00 Spin Muna<br>12:15 Yoga Micheal<br>12:30 15 min abs Laura<br>5:30 Spin Fawn<br>5:30 Step Darryl<br>5:30 Attic 411 Michael<br>6:20 15 min abs Michael<br>6:20 Strength & Flexibility Darryl<br>6:30 Power Yoga Sheema | 6:00 Strength Train Together Muna<br>10:30 Pedaling For Parkinson's Kendalyne<br>11:45 Attic 411 Kendalyne<br>12:00 Spin Gina<br>12:00 Yoga Logan<br>5:30 Spin Darryl<br>5:30 Strength Train Together Mark<br>6:30 Yoga Michael | 5:45 Bootcamp Michael<br>6:15 Yoga Jeanie<br><b>6:15 Spin</b><br>10:00 H2O Logan<br>12:00 TDef Logan<br>12:00 Spin Monk<br>12:15 Yoga Ann<br>12:30 15 min abs Logan<br>1:00 Pound Casey<br>5:30 Spin Fawn<br>5:30 Cardio Fight Irene<br>5:30 Yoga Jamie<br>5:30 Attic 411 Kim<br>6:20 15 min abs Kim         | 6:00 Strength Train Together Irene<br>9:00 Stretch Logan<br>10:30 Pedaling For Parkinson's Kendalyne<br>11:45 Attic 411 Kendalyne<br>12:00 Spin Darryl<br>12:15 Yoga Mickie<br>5:30 Spin Gina<br>5:30 Cardiokick Rachel<br>6:00 Social Run<br>6:20 Bootcamp Shawna<br>6:30 Yoga Becky S | 5:45 Bootcamp Michael<br>10:00 H2O Lynne<br>12:00 Spin Gina<br>12:00 TDef Logan<br>12:15 Yoga Ann<br>12:30 Thirty min abs Logan<br>5:30 Week's End Yoga Hanna | 9:00 Spin Ann<br>9:30 Bootcamp Shawna<br>10:30 Extended Yoga Becky S<br>11:00 Strength Train Together Mark<br><br><b>Sunday</b> 20<br>1:00 Yoga Becky   |
| 21   | 22  | 23   | 24  | 25  | 26  |
| 6:00 Bootcamp Shawna<br>6:15 Spin Michael<br>10:00 H2O Logan<br>12:00 TDef Laura<br>12:00 Spin Muna<br>12:15 Yoga Micheal<br>12:30 15 min abs Laura<br>5:30 Spin Fawn<br>5:30 Step Darryl<br>5:30 Attic 411 Michael<br>6:20 15 min abs Michael<br>6:20 Strength & Flexibility Darryl<br>6:30 Power Yoga Sheema | 6:00 Strength Train Together Muna<br>10:30 Pedaling For Parkinson's Kendalyne<br>11:45 Attic 411 Kendalyne<br>12:00 Spin Gina<br>12:00 Yoga Logan<br>5:30 Spin Darryl<br>5:30 Strength Train Together Mark<br>6:30 Yoga Michael | 5:45 Bootcamp Michael<br>6:15 Yoga Jeanie<br>6:15 Spin Micheala<br>10:00 H2O Logan<br>12:00 TDef Logan<br>12:00 Spin Monk<br>12:15 Yoga Ann<br>12:30 15 min abs Logan<br>1:00 Pound Casey<br>5:30 Spin Fawn<br>5:30 Cardio Fight Irene<br>5:30 Yoga Jamie<br>5:30 Attic 411 Kim<br>6:20 15 min abs Kim       | 6:00 Strength Train Together Irene<br>9:00 Stretch Logan<br>10:30 Pedaling For Parkinson's Kendalyne<br>11:45 Attic 411 Kendalyne<br>12:00 Spin Darryl<br>12:15 Yoga Mickie<br>5:30 Spin Gina<br>5:30 Cardiokick Rachel<br>6:00 Social Run<br>6:20 Bootcamp Shawna<br>6:30 Yoga Becky S | 5:45 Bootcamp Michael<br>10:00 H2O Lynne<br>12:00 Spin Gina<br>12:00 TDef Logan<br>12:15 Yoga Ann<br>12:30 Thirty min abs Logan<br>5:30 Week's End Yoga Hanna | 9:00 Spin Ann<br>9:30 Bootcamp Shawna<br>10:30 Extended Yoga Laura<br>11:00 Strength Train Together Mark<br><br><b>Sunday</b> 27<br>1:00 Rene           |
| 28   | 29  | 30   | 31  |   |   |
| 6:00 Bootcamp Shawna<br>6:15 Spin Michael<br>10:00 H2O Logan<br>12:00 TDef Laura<br>12:00 Spin Muna<br>12:15 Yoga Micheal<br>12:30 15 min abs Laura<br>5:30 Spin Fawn<br>5:30 Step Darryl<br>5:30 Attic 411 Michael<br>6:20 15 min abs Michael<br>6:20 Strength & Flexibility Darryl<br>6:30 Power Yoga Hanna  | 6:00 Strength Train Together Muna<br>10:30 Pedaling For Parkinson's Kendalyne<br>11:45 Attic 411 Kendalyne<br>12:00 Spin Gina<br>12:00 Yoga Logan<br>5:30 Spin Darryl<br>5:30 Strength Train Together Mark<br>6:30 Yoga Michael | 5:45 Bootcamp Michael<br>6:15 Yoga Jeanie<br><b>6:15 Spin</b><br>10:00 H2O Logan<br>12:00 TDef Logan<br>12:00 Spin Monk<br>12:15 Yoga Ann<br>12:30 15 min abs Logan<br>1:00 Pound Casey<br>5:30 Spin Fawn<br>5:30 Cardio Fight Irene<br>5:30 Yoga Jamie<br>5:30 Attic 411 Kim<br>6:20 15 min abs Kim         | 6:00 Strength Train Together Irene<br>9:00 Stretch Logan<br>10:30 Pedaling For Parkinson's Kendalyne<br>11:45 Attic 411 Kendalyne<br>12:00 Spin Darryl<br>12:15 Yoga Mickie<br>5:30 Spin Gina<br>5:30 Cardiokick Rachel<br>6:00 Social Run<br>6:20 Bootcamp Shawna<br>6:30 Yoga Becky S |   |   |