



## September 2025 Group Exercise Schedule Bayside Family YMCA

### Studio Classes

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>LES MILLS BODYPUMP</b> Neta 6:00am	<b>LES MILLS BODYATTACK</b> Neta 6:00am	<b>LES MILLS BODYPUMP</b> Neta 6:00am	<b>LES MILLS GRIT</b> Danee 6:00am
	<b>LES MILLS BODYBALANCE</b> Neta 7:15am		<b>LES MILLS PILATES</b> Neta 7:15am	
<b>Cardio Drumming</b> Mary Ann 8:30am		<b>mashup</b> Denise 8:00am		
<b>LES MILLS BODYPUMP</b> Chris 9:30am	<b>LES MILLS GRIT</b> Danee 9:00am	<b>LES MILLS BODYPUMP</b> Makenna 9:30am	Strength & Conditioning Chris 9:00am	<b>LES MILLS Shapes</b> Makenna 9:30am
	<b>LES MILLS BODYBALANCE</b> Chris 10:30am	<b>YOGA</b> Kim 10:45am	<b>LES MILLS BODYBALANCE</b> Chris 10:30am	
			<b>Chair Yoga</b> Patricia 12:10pm	
	<b>SilverSneakers</b> Jean J. 1:30pm		<b>SilverSneakers</b> Jean J. 1:30pm	
<b>LES MILLS BODYPUMP</b> Sue 5:30pm	<b>LES MILLS Shapes</b> Makenna 5:00pm	<b>tone</b> Makenna 5:30pm	<b>LES MILLS CORE</b> Makenna 5:00pm	<b>LES MILLS BODYCOMBAT</b> + Core Makenna 5:00pm
<b>YOGA</b> Kim 6:45pm	<b>LES MILLS BODYBALANCE</b> Jean E 6:00pm	<b>YOGA</b> Ariadne 6:45pm	<b>LES MILLS BODYBALANCE</b> Jean E 6:00pm	

### Studio Classes

Saturday	Sunday
<b>LES MILLS BODYATTACK</b> Neta 8:00am	<b>LES MILLS PILATES</b> Neta 8:30am
<b>LES MILLS BODYPUMP</b> Neta 9:00am	<b>LES MILLS BODYBALANCE</b> Jean E. 9:30am
	<b>LES MILLS BODYPUMP</b> Makenna 10:40am



**Cycle for A Cause**  
**Saturday September 27th**  
**9am – 12pm**

Ask an instructor for more details

### Group Exercise Registration & Late Policy:

All participants must register for all classes

All participants will only be able to register for classes the day before the class is held.

No one will be admitted into class after classes have completed the warm up.



## September 2025 Group Exercise Schedule Bayside Family YMCA

### Cycle Studio Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Janette 6:30am	Neta 6:00am		
					Janette 7:15am	Janette 7:15am
Chris 8:30am		Bob 8:30am	Bob 8:30am	Yoga Sarah 8:15am		Bob 8:30am
	Chris 9:00am				Danee 9:00am	
Makenna 4:30pm						
		Sue 6:30pm				

### Gymnasium Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Janette 6:30am		HIIT Janette 6:30am	Danee 6:00am	HIIT Janette 6:30am		
Senior Strength 1 Eileen 10:00am	Adaptive Robyn 10:25am	Senior Strength 1 Eileen 10:00am		Senior Strength 1 Eileen 10:00am		
Senior Strength 2 Eileen 11:00am	Robyn 11:00am	Senior Strength 2 Eileen 11:00am	Robyn 11:00am	Senior Strength 2 Eileen 11:00am		