



Group Exercise Schedule

September 2025 South County YMCA

*Effective September 2nd



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weights & More Taylor 7:30 AM		BODYPUMP* Taylor 7:30 AM		Weights & More Taylor 7:30 AM	Cycle Kim 7:15 AM	Yin Yoga Barbara 7:30 AM
	Cardio Core Taylor 8:00 AM		Cardio Core Taylor 8:00 AM			
Vinyasa Flow Yoga Lori 8:30 AM	BODYPUMP* Rebecca 9:00 AM	Funky Flow Yoga Lori 8:30 AM	BODYPUMP* Taylor 9:00 AM	Slow Flow Yoga Mary 8:30 AM	BODYPUMP* Mike/Danielle 8:30 AM	
Zumba Hanan 10:00 AM	Les Mills Pilates Rebecca 10:00 AM	Zumba Hanan 10:00 AM	Low Impact Cardio Carol 10:00 AM	Low Impact Cardio Carol 10:00 AM	Zumba Hanan 10:00 AM	Cardio Core Peter 10:00 AM
Silver Sneakers* Taylor 11:00 AM		Silver Sneakers* Taylor 11:00 AM		Silver Sneakers* Taylor 11:00 AM		
Chair Yoga Lori 12:00 PM		Chair Yoga Chelsea 12:00 PM		Chair Yoga Chelsea 12:00 PM	Tuesday 6:30 PM Cycle will begin the week of September 8th	
				Cardio Kickboxing Peter Pan 4:30 PM		
SURFSET* Peter Pan 5:30 PM	Zumba Corinne 5:30 PM	BODYPUMP* Mike/ Danielle 5:30 PM	Zumba Corinne 5:30 PM	SURFSET* Peter Pan 5:30 PM		
Cardio Kickboxing Peter Pan 6:30 PM	Cycle Kim 6:30 PM					

Updated or
New Class

*Registration
Required