



October 2025 Group Exercise Schedule Bayside Family YMCA

Studio Classes

Monday	Tuesday	Wednesday	Thursday	Friday
	LES MILLS BODYPUMP Neta 6:00am	LES MILLS BODYATTACK Neta 6:00am	LES MILLS BODYPUMP Neta 6:00am	LES MILLS GRIT Daneë 6:00am
	LES MILLS BODYBALANCE Neta 7:15am		LES MILLS PILATES Neta 7:15am	
Cardio Drumming Mary Ann 8:30am		mashup Denise 8:00am		Yoga Sarah 8:00am
LES MILLS BODYPUMP Chris 9:30am	LES MILLS GRIT Daneë 9:00am	LES MILLS BODYPUMP Makenna 9:30am	Strength & Conditioning Chris 9:00am	LES MILLS Shapes Makenna 9:30am
	LES MILLS BODYBALANCE Chris 10:15am	YOGA Kim 10:45am	LES MILLS BODYBALANCE Chris 10:15am	
			Chair Yoga Patricia 12:10pm	
	Silver Sneakers Jean J. 1:30pm		Silver Sneakers Jean J. 1:30pm	
		LES MILLS BODYPUMP Kristine 4:15pm		
LES MILLS BODYPUMP Sue 5:30pm	LES MILLS Shapes Makenna 5:00pm	tone Makenna 5:30pm	CORE Makenna 5:00pm	LES MILLS BODYCOMBAT + Core Makenna 5:00pm
YOGA Kim 6:45pm	LES MILLS BODYBALANCE Jean E 6:00pm	YOGA Ariadne 6:45pm	LES MILLS BODYBALANCE Jean E 6:00pm	

Studio Classes

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



Les Mills Launch

Saturday October 18th

Sunday October 19th

Ask an instructor for more details

New Classes

Body Pump Wed 4:15pm

WERQ Tues & Thursday 5:15pm

Strong Foundations Tues & Thurs 10:15am

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.






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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			 Bob 8:30am
	 Chris 9:00am				 Danee 9:00am	
	Strong Foundations Kristine 10:15am		Strong Foundations Kristine 10:15am			
 Makenna 4:30pm	 Ariana 5:15pm		 Ariana 5:15pm			
		 Sue 6:30pm				

Gymnasium Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Janette 6:30am		HIIT Janette 6:30am		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		