GROUP EXERCISE SCHEDULE
Dayton YMCA at Gavidia | November

**Monday**
- 6:30am-7:30am Performance Cycle | The Summit | Erik B
- 8:00am-8:45am George Wellbeing Meditation | George Wellbe... | Paul J
- 10:00am-10:45am Five Element Qigong | George Wellbe... | Staff
- 11:00am-11:30am Tabata | Fitscape | Alexandra E
- 11:15am-12:00pm TRX | Power House | Joel B
- 11:30am-12:15pm George Wellbeing Meditation | George Wellbe... | Chance Y
- 11:45am-12:45pm Oula® Dance Fitness | Fitscape | Nichole C
- 11:45am-12:15pm Strength Train Together | StudioEX | Julie B
- 11:45am-12:30pm Performance Cycle | The Summit | Erin M
- 11:45am-12:30pm Barre Fusion | Harmony | Alexandra E
- 12:15pm-1:15pm Gentle Yoga | Harmony | Myra R
- 12:15pm-1:15pm Boot Camp | StudioEX | Alexandra E
- 1:30pm-2:30pm Group Acupuncture | George Wellbe... | Ray H
- 4:00pm-5:15pm Soundbath Meditation | George Wellbe... | Erin A
- 4:15pm-5:15pm Yoga Flow | Harmony | Ellen S
- 5:15pm-6:15pm Strength Train Together | StudioEX | Jay F
- 5:30pm-6:30pm Oula® Dance Fitness | Fitscape | Andrea
- 5:30pm-6:30pm Yoga | Harmony | Ellen S
- 5:45pm-6:30pm Performance Cycle | The Summit | Nan C
- 6:35pm-7:05pm Oula-Power Express | Fitscape | Andrea

**Tuesday**
- 6:30am-7:15am Yoga Sculpt | Fitscape | Miranda
- 6:30am-7:30am Boot Camp | StudioEX | Andrew E
- 7:30am-8:15am HIIT | Fitscape | Rebecca T
- 8:00am-8:45am George Wellbeing Meditation | George Wellbe... | Paul J
- 9:30am-10:15am ForeverWell Strength | StudioEX | Mary V
- 11:00am-1:00pm Group Acupuncture | George Wellbe... | Staff
- 11:15am-12:15am Tabata | StudioEX | Amy
- 11:15am-12:15am Core Conditioning | Fitscape | Susan S
- 11:30am-12:15pm TRX | Power House | Joel B
- 11:30am-12:30pm Yoga Flow | Harmony | Bliss B
- 11:45am-12:45pm BodyPump® | StudioEX | Mercede K
- 11:45am-12:45pm Cardio Step Together | Fitscape | Julie B
- 11:45am-12:30pm Rhythm Ride | The Summit | Christopher B
- 12:30pm-1:15pm Pilates Reformer | The Core | Annelise
- 12:45pm-1:30pm Yoga Sculpt | Fitscape | Alexandria E
- 4:30pm-5:15pm Barre Fusion | Harmony | Allie B
- 5:30pm-6:30pm Oula® Dance Fitness | Fitscape | Kelsey D (sub)
- 5:30pm-6:30pm Rhythm Ride | The Summit | Robert L
- 5:30pm-6:15pm Studio Combo | StudioEX | Allie B
- 5:30pm-6:45pm Yoga Flow | Harmony | Mike K
- 7:00pm-8:00pm Yoga Flow | Harmony | William D

**Wednesday**
- 6:00am-7:00am Yoga Flow | Harmony | Ian
- 6:30am-7:30am Yoga Sculpt | StudioEX | Andrew E
- 6:30am-7:15am Yoga Sculpt | Fitscape | Megan M
- 9:30am-10:15am ForeverWell Stretch | StudioEX | Rosemary P
- 10:15am-11:00am Mat Pilates | Harmony | Bliss B
- 11:00am-1:00pm Group Acupuncture | George Wellbe... | Christine G
- 11:15am-12:45am Core Focus Together | StudioEX | Erin M
- 11:30am-12:30pm Yoga Flow | Harmony | Mike K
- 11:45am-12:45pm Defend Together | Fitscape | Julie B
- 11:45am-12:30pm Rhythm Ride | The Summit | Lindsey M
- 11:45am-12:15pm Tabata | StudioEX | Alexandra E
- 12:30pm-1:30pm BodyPump® | StudioEX | Laurie M
- 12:45pm-1:45pm Gentle Yoga | Harmony | Myra R
- 1:30pm-2:15pm George Wellbeing Yin Yoga | George Wellbe... | Chance Y
- 2:30pm-3:15pm George Wellbeing Wellness | George Wellbe... | Chance Y
- 4:30pm-5:15pm Mat Pilates | Harmony | Jim L
- 5:15pm-6:00pm Tabata | StudioEX | Lindsey B
- 5:30pm-6:45pm Oula® Dance Fitness | Fitscape | Andrea
- 5:30pm-6:15pm Rhythm Ride | The Summit | Jamie
- 5:30pm-6:45pm Yoga | Harmony | Yin-Cheryl D
- 6:35pm-7:35pm Oula.One | Fitscape | Andrea

**Thursday**
- 6:00am-7:00am Performance Cycle | The Summit | Erik B
- 6:30am-7:30am Boot Camp | StudioEX | Alexandra E
- 9:45am-10:30am ForeverWell Combo | StudioEX | Gail A
- 10:30am-11:15am Gentle Yoga | Harmony | Sandra B
- 11:00am-12:15pm Performance Cycle | The Summit | Gail A
- 11:00am-11:30am Tabata | StudioEX | Holly
- 11:30am-12:15pm George Wellbeing Meditation | George Wellbe... | Erin A
- 11:45am-12:15pm Cardio Step Together | Fitscape | Rebecca S
- 11:45am-12:45pm Strength Train Together | StudioEX | Julie B
- 11:45am-12:15pm Rhythm Ride | The Summit | Robert L
- 12:00pm-12:45pm Y-Fit - | Power House | Rebecca N
- 12:00pm-1:00pm Yoga | Harmony | Sandra B
- 12:30pm-1:15pm Soundbath Meditation | George Wellbe... | Erin A
- 2:00pm-4:00pm Group Acupuncture | George Wellbe... | Christine G
- 5:00pm-6:00pm Zumba | StudioEX | Nora C
- 5:15pm-6:00pm Yoga Sculpt | Fitscape | Mitchell R
- 5:30pm-6:30pm Yoga Flow | Harmony | Minda O
- 6:10pm-7:10pm Balance and Flex Together | Fitscape | Abby

**Friday**
- 6:30am-7:30am BodyPump® | StudioEX | Hank B
- 6:30am-7:30am Yoga Flow | Harmony | Gimrie R
- 7:15am-8:00am My Zone Metabolic Training | Power House | Mike M
- 9:00am-9:45am Five Element Qigong | George Wellbe... | Ray H
- 11:00am-1:00pm Group Acupuncture | George Wellbe... | Ray H
- 11:15am-11:45am Tabata | Fitscape | Mikayla L
- 11:45am-12:45pm BodyPump® | Studio EX | Susan S
- 11:45am-12:30pm Performance Cycle | The Summit | Nan C
- 11:45am-12:30pm Yoga | Harmony | Myra R
- 12:00pm-1:00pm Zumba | Fitscape | Nora C
- 12:15pm-1:00pm George Wellbeing Meditation | Harmony | Erin A
- 1:00pm-1:45pm Pilates Reformer | The Core | Rebecca N
- 2:30pm-3:15pm George Wellbeing Meditation | George Wellbe... | Paul J
- 4:15pm-5:00pm George Wellbeing Meditation | George Wellbe... | Erin A
- 4:45pm-5:45pm Oula® Dance Fitness | StudioEX | Emilie W
- 5:45pm-6:45pm Yoga | Harmony | William D (sub)

**Saturday**
- 8:00am-8:45am Mat Pilates | The Core | Jim L
- 8:30am-9:30am Strength Train Together | StudioEX | David B
- 9:00am-9:45am Pilates Reformer | The Core | Jim L
- 9:35am-11:05am Yoga | Harmony | William D (sub)
- 9:45am-10:30am Boot Camp | StudioEX | Staff
- 10:00am-11:00am Rhythm Ride | The Summit | Robert L
- 10:35am-11:35am Zumba | StudioEX | Jenny B

**Sunday**
- 8:30am-9:30am Yoga Flow | Harmony | William D
- 10:00am-11:05am Yoga | Harmony | Myra R

Cancellations may not be reflected on PDF schedules
For the most current class information, download our YMCA MN app or visit ymcamn.org/schedules