

Cambridge YMCA Fitness Class Schedule (Beginning 09/04/18)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Monday Run Day* 6:00 - 6:45am		Spinning* 6:00-7:00am				Spinning* 6:00-7:00am		Breakfast of Champions 6:00-6:45am					
Spinning* 6:30-7:30am		Tabata Tuesday 6:30-7:30am		Spinning* 6:30-7:15am		*TRX® Cross Training 6:30-7:30am							
				Iyengar Yoga 6:30-7:45am		Yin Yoga 6:45-8:00am							
				LZB: Extreme Cardio 7:00-8:00 AM				LZB: Extreme Cardio 7:00-8:00 AM					
								Gentle Yoga 9:00-10:15am		Vinyasa Flow 8:00-9:15am		HIIT Spinning* 8:15-8:45am	
Aqua Aerobics 9:00-10:00am				Aqua Aerobics 9:00-10:00am				Aqua Aerobics 9:00-10:00am		Beginner Boot Camp 8:45 - 9:45am			
		Gentle Sculpt 10:00-11:00am				Gentle Sculpt 10:00-11:00am				Zumba® 10:00-11:00am		Power Yoga 10:00 - 11:00am	
Zumba Gold® 10:15-11:15am				Function Junction 10:15-11:15am				LaBlast® 10:15 - 11:15am					
Restorative Yoga 10-11:15am		Gentle Yoga 10:00-11:15am		Restorative Yoga 10-11:15am		Slow Flow 10:00-11:15am				Boxing Conditioning 11:00-12:00pm			
Power Lunch 12:00-12:30pm		Vinyasa Flow 12:00-1:00pm		Power Lunch 12:00-12:30pm		Desk Dweller Yoga 12:00-1:00pm		Power Lunch 12:00-12:30pm		Slow Flow 11:00-12:15pm			
Beginner Boxing 1:15-1:45pm		Beginner Boxing 1:15-1:45pm		Beginner Boxing 1:15-1:45pm								Yin Yoga 11:15 - 12:15pm	
Iyengar Yoga 6:00-7:15pm		Form & Flow 6:00-7:15pm		Ashtanga Flow 6:00-7:15pm		Vinyasa Flow 6:00-7:15pm		Yoga for Runners/Cyclists 6:00-7:15pm		Spinning* 4:00-5:00pm		Spinning* 4:00-5:00pm	
										• Full access to all the classes costs Cambridge YMCA members just \$5 a month			
Carved from Stone 6:00-7:00pm		Boot Camp 6:00-7:00pm		Carved from Stone 6:00-7:00pm		Punk Rope® 6:00-7:00pm				• For Non members classes are \$15 each or \$99 for a 10 Class pass (Indoor Cycling is reserved for members only)			
Bolly X® 6:00 - 7:00pm		Hip Hop Fusion Starts 9/11 @ 6-7:00pm		Zumba® 6:00-7:00pm		Bolly X® 6:00 - 7:00pm		Zumba® 5:30-6:30pm		• All classes require a pass from the Front Desk or online registration			
				Ab-Dominator 7:00-7:30pm						• Passes will not be available until half hour before the scheduled class with the exception of back-to-back classes			
LZB: Extreme Cardio 6:30-7:30pm		Boxing Conditioning 6:00-7:00pm		LZB: Extreme Cardio 6:30-7:30pm		LZB: Extreme Cardio 6:30-7:30pm		Boxing Conditioning 6:00-7:00pm		• No admittance beyond 10 minutes beyond class start time, except for Treadmill and Cycling classes which is 5 minutes			
								Spinning* 6:45-7:30pm		• Classes with * require online registration prior to class and are reserved for Cambridge YMCA Members paying for classes.			
Spinning* 7:15 - 8:15pm		Spinning* 7:15 - 8:00pm		Spinning* 7:45 - 8:45pm						Class Passes should be given directly to the Class Instructor			
LZB: Boxing Technique 7:30-8:30pm				LZB: Boxing Technique 7:30-8:30pm		LZB: Boxing Technique 7:30-8:30pm				• Class schedule is subject to change. For up-to-date version check out our website			
Class Location Key:													
Pool	Aerobic	Yoga	Boxing	Basketball	Dance	Cycling	Free Weight	Track	Cardio	• It is recommended you bring water to class			