



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

BOB HOFFMAN DOVER BRANCH YMCA

YMCA Hours of Operation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Monday-Friday 6:00 a.m.-10:00 p.m.	8:00-9:00 Enhance® Fitness Gym w/ Merrilee	8:00-9:00 BOOM™ MOVE IT & MUSCLE Gym w/Bonnie	8:00-9:00 Enhance® Fitness Gym w/Bonnie	8:00-9:00 Tai Chi 12 week Session WS w/Marci	8:00-9:00 Enhance® Fitness Gym w/Merrilee	8:00-9:00 Weekend Warrior WS w/Teresa
Saturday 8:00 a.m.-5:00 p.m.	9:00-10:00 BODYPUMP® WS w/ Jana	9:15-10:15 Step Interval WS w/Diana	9:00-10:00 Muscle Pump WS w/Suzy	9:15-10:15 Step Interval WS w/Abby	9:15-10:15 Ultimate Fitness WS w/Rhonda	9:00-10:00 *Body/Mind Medley WS w/Various
Sunday 1:00 p.m.-5:00 p.m.	9:15-10:15 Gentle Yoga Gym w/Merrilee	9:15-10:15 SilverSneakers® Yoga - Gym w/Rhonda	9:15-10:15 Yogalates Gym w/Cindy	9:15-10:15 SilverSneakers® Yoga Gym w/Rhonda	9:15-10:15 Gentle Yoga Gym w/Merrilee	1 st Body Shred 2 nd Kettlebells/BOSU 3 rd BODYFLOW® 4 th Zumba®
Child Watch Hours of Operation (For 3 months to 12 years old)	10:15-11:15 BODYFLOW® WS w/Jana	10:30-11:15 SilverSneakers® Classic - Gym w/Rhonda	10:30-11:15am Body In Motion W/Cindy (beginning Feb. 7)	10:30-11:15 SilverSneakers® Classic - Gym w/Rhonda	10:30-11:30 BOOM™ MUSCLE & MIND Gym w/Rhonda	5 th Varied
Monday-Friday 8:30 a.m.-Noon 5:00 p.m.-8:30 p.m. (closes at 7:00 p.m. the 3 rd Friday of the month)	10:30-11:30 Zumba® Fitness Gym w/Ayumi	10:45-11:45 R.I.P.P.E.D. ® WS w/Erika	11:30-12:15 Fit Fun Kids Gym w/Rhonda & Michelle	10:45-11:45 R.I.P.P.E.D. ® WS w/Erika		
Saturday 8:00 a.m.-Noon	5:00-6:00 Tai Chi 12 week Session C1 W/Marci		5:00-6:00 Step Interval WS w/Teresa		5:00-5:45 Hi/Lo Cardio WS w/Teresa	
FREE Group Ex classes to members ages 11+	5:00-6:00 Step Interval WS w/ Teresa	5:30-6:15 Tabata WS w/Bonnie	5:00-6:00 BOOM™ MOVE IT & MUSCLE Gym w/Bonnie	5:15-6:00 SilverSneakers® Yoga WS w/Rhonda		
Please REGISTER at the Member Service Desk.	6:00-7:00 Triple Threat WS w/Bonnie	6:15-7:00 BORN TO MOVE™ Ages 8-12 C1 w/Rhonda	6:00-7:00 Muscle Pump WS w/Bonnie	6:00-6:45 Ultimate Kids Ages 4-12 WS w/Rhonda		
MINIMUM of 5 participants required to run class.	7:00-8:00 Pilates Gym w/Amanda	6:20-7:20 POUND® WS w/Erika (beginning Feb)	7:00-8:00 Turbo Kick® WS w/Michelle (beginning Mar. 7)	6:45-7:45 BODYPUMP® WS w/Jana		
Key to room usage: WS-Wellness Studio C1-Classroom 1 LL-Lower Level	7:15-8:15 BODYPUMP® WS w/Crystal	7:30-8:30 BODYFLOW® WS w/Jana	7:00-8:00 Zumba® Fitness Gym w/Jennifer			

1/29/18