



the power of **PLAY**

SOUTH SIDE YMCA Group Exercise Schedule

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6-7am CARDIO BOOT CAMP Studio A DeAntae		6-6:45am CYCLING Studio C Earnestine		8:30-9:15am PILATES Studio A Princess
8-8:45am CYCLING Studio C Tonya	8:30-9:15am BOSU Studio C Tonya	8-8:45am CYCLING Studio C Tonya	8:30-9:15am BOSU Studio C Tonya		8-8:45am POWER CYCLING Studio C Kylana	
9-9:45am SILVER SNEAKERS Studio A Tonya	9:30-10:30am CHAIR YOGA Studio A Camille	9-9:45am SILVER SNEAKERS Studio A Tonya	9:30-10:30 CHAIR YOGA Studio A Camille	9-9:45am WEIGHTLIFTING Studio A Tonya	9-9:45am FULL BODY CONDITIONING Studio A Louis	
	10:30-11am GUIDED MEDITATION Studio C Camille	10-10:45am WEIGHTLIFTING Studio A Tonya	10:30-11am GUIDED MEDITATION Studio C Camille		10-10:45am Cardio Kickboxing Studio A Louis	
	11:15am-12pm OLD SCHOOL WORKOUT Studio A/Crt 1 DeAntae	11:15am-12:15pm GENTLE FLOW YOGA Studio C Camille	11:15am-12pm OLD SCHOOL WORKOUT Studio A/Crt 1 DeAntae		11-11:45am Xtreme Hip-Hop Studio A Frank	
10-10:45am AQUANATICS (\$) Large Pool Bruce	10-10:45am AQUAFIT Large Pool Robin	10-10:45am AQUANATICS (\$) Large Pool Bruce	10-10:45am AQUAFIT Large Pool Robin	10-10:45am AQUANATICS (\$) Large Pool Bruce		
7-7:45pm AQUAFIT Large Pool Robin	7-7:45pm AQUAFIT Large Pool Jennifer	7-7:45pm AQUAFIT Large Pool Robin	7-7:45pm AQUAFIT Large Pool Jennifer			
5:30-6:30pm YOGA Studio A Sarah	5:00-5:45pm ZUMBA Studio A KerryAnne	5:30-6:30pm YOGA Studio A Sarah	5-30-6:15pm POWER CYCLING Studio C Shaleah			
	6-7pm LINE DANCING (\$) Studio A Naimah	6:45-7:30pm BASIC STEP AEROBICS Studio A DeAntae	5-45-6:30pm ZUMBA Studio A Nikita		WALK/JOG/RUNCLUB TUES & THURS 6-7am Track across from HydePark HS	
7-8pm BOOT CAMP Studio A DeAntae	5:30-6:15pm POWER CYCLING 6:30-7pm HIIT Studio C Shaleah		6:45-7:30pm GLUTES & GUTS Studio A Naimah			Updated 7/30/2024

Reservation Required
southsideymca.org

Check our website or app for the most current information on substitutions & cancellations.
For additional information or questions, please contact 773-947-0700.