



GROUP EXERCISE SCHEDULE RESERVOIR

Effective: 6/15/2020

CLASS PARTICIPANTS MUST BE 13 YEARS OR OLDER

MONDAY

	CLASS	INSTRUCTOR	LOCATION
8:30am	Y-Cycle	Paula	Outside
4:45pm	Mat Pilates	Laurie	Group Exercise Room

TUESDAY

	CLASS	INSTRUCTOR	LOCATION
8:45am	Sculpt	Crystal	Group Exercise Room
9:00am	Shallow Water Aerobics	B.J. Jones	Pool
10:00am	Silver Sneakers Classic	B.J. Jones	Group Exercise Room
4:45pm	Ballet Barre	Laurie	Group Exercise Room
5:45pm	Kickboxing	Kate	Tennis Courts
6:15pm	Y-Cycle	Paula	Childcare Room

WEDNESDAY

	CLASS	INSTRUCTOR	LOCATION
8:30am	Y-Cycle	Paula	Outside
4:45pm	Step	Laurie	Group Exercise Room
5:45pm	Sculpt	Laurie	Group Exercise Room

THURSDAY

	CLASS	INSTRUCTOR	LOCATION
9:00am	Shallow Water Aerobics	B.J. Jones	Pools
10:00am	Silver Sneakers Classic	B.J. Jones	Group Exercise Room
4:45pm	Pilates Sculpt	Crystal	Group Exercise Room
5:15pm	Y-Cycle	Paula	Outside

FRIDAY

	CLASS	INSTRUCTOR	LOCATION
8:30am	Y-Cycle	Paula	Outside

SATURDAY

	CLASS	INSTRUCTOR	LOCATION
7:15am	Body Amp 2nd SATURDAY ONLY!	Kate	Tennis Courts
8:15am	Zumba	Renada	Tennis Courts

- Sign ups will be on a first come first serve basis on the Y app.
- All regulations from the CDC and State Government will be followed.
- Certain classes throughout the week will be filmed live on our Facebook Page for members to participate from home.
- Classes will have a maximum amount of participants based on the space and type of class.
- This is for participants only. No friends or family members will be allowed to attend.
- Members must bring their own equipment (mats, towels, water bottle, etc.)
- Please observe physical distance guidelines of 6 feet.