



# PALMER RANCH YMCA MASTER CLASS SCHEDULE

EFFECTIVE: 4/1/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6-7AM BODYPUMP TAYA	6-6:30AM LES MILLS SPRINT KAREN	6-7AM BODYPUMP MARILU	6-6:30AM LES MILLS SPRINT KAREN	6-7AM BODYPUMP MARILU	7:45-8:45AM ZUMBA* JANET	10:15-11:15AM BODYCOMBAT* LARA
6-7AM CIRCUITS JUDE	6:45-7:15AM LES MILLS CORE* VIRTUAL	6-7AM CIRCUITS JUDE	6:45-7:15AM LES MILLS CORE VIRTUAL*	6-7AM CIRCUITS JUDE	7:45-8:45AM STEP & SCULPT CAROLYN	10:45-11:30AM CYCLE ALIX
8-8:50AM MUSCLEWORKS CHARLIE	8-8:50AM PILATES CHARLIE	8-8:50AM YOGA* CHARLIE	8-8:50AM PILATES CHARLIE	7-8AM BODYBALANCE* KAREN	8-9AM HYBRID RICHARD	11:15AM-12:15PM BODYPUMP LARA
8-9AM MUSCLEWORKS BARBARA	8-8:50AM WATER IN MOTION TASHA	8-9AM MUSCLEWORKS BARBARA	8-8:50AM WATER IN MOTION TASHA	8-8:50AM PILATES JUDY	8:30-9AM LES MILLS SPRINT ERIC	11:30AM-12:30PM BODYBALANCE* JUDE
8-9AM CYCLE JANET	9-10AM PRIME TIME TOM	8-9AM CYCLE JUDY	9-10AM PRIME TIME TOM	8-9AM CYCLE JANET	8:30-9:20AM WATER IN MOTION TASHA	12:30-1:30PM STEP & SCULPT CAROLYN
8-9AM HYBRID KELLY	9-10AM MUSCLEWORKS JANET	8-9AM HYBRID KELLY	9-10AM MUSCLEWORKS JANET	8-9AM HYBRID KAREN	9-10AM BODYPUMP LARA	
8-8:50AM H2O BLAST ELIANA	9-9:30AM GRIT STRENGTH CHARLIE	8-8:50AM AQUA YOGA ELIANA	9-9:30AM GRIT STRENGTH CHARLIE	8-8:50AM H2O BLAST SANDI	9-9:50AM PILATES JANET	
9-10AM PILATES JANE	9-9:50AM SHA-DEEP TASHA	9-10AM BODYPUMP JANET	9-9:50AM SHA-DEEP TASHA	9-10AM MUSCLEWORKS BARBARA	9:10-9:40AM LES MILLS CORE VIRTUAL*	
9-9:50AM SHA-DEEP ELIANA	9:15-10AM POWERCYCLE 45 LARA	9-10AM CARDIOSTEP BARBARA	9:15-10AM POWERCYCLE 45 LARA	9-9:50AM SHA-DEEP SANDI	10:15-11:15AM BODYCOMBAT* LARA	
9:15-10:15AM BARRE LARA	9:45-10:45AM HYBRID ERIC	9-9:50AM SHA-DEEP ELIANA	9:45-10:45AM HYBRID ERIC	9:15-10:15AM BARRE LARA	10-10:50AM BARRE JANET	
9:15-10:15AM CYCLE JUDY	10-10:50AM TALK & TONE TASHA	9:15-10:15AM CYCLE KATHY	10-10:50AM TALK & TONE TASHA	9:15-10:15AM CYCLE JUDY	10:15-11:15AM CYCLE ALIX	
9:45-10:45AM HYBRID KAREN	10:15-11:15AM BODYPUMP JANET	9:45-10:45AM HYBRID KAREN	10:15-11:15AM BODYPUMP LARA	9:45-10:45AM HYBRID KAREN	11AM-12:15PM YOGA* BONNIE	
10-10:50AM AQUA FIT ELIANA	10:15-11:15AM BODYCOMBAT* CHARLIE	10-10:50AM AQUA FIT ELIANA	10:15-11:15AM BODYCOMBAT* CHARLIE	10-10:50AM AQUA FIT SANDI	11:15AM-12PM BODYATTACK* LARA	
10:15-11:15 YOGA* ROTATION	10:30-11:30AM NEUROCYCLE TOM	10:15-11:15AM ZUMBA* JANET	10:30-11:30AM NEUROCYCLE TOM	10:15-11:15AM YOGA* ROSEMARY		
10:15-11:15 BODYCOMBAT* LARA	11-11:50AM HYDRORIDER TASHA	10:15-11:15AM BODYATTACK* LARA	11-11:50AM HYDRORIDER TASHA	10:15-11:15AM BODYCOMBAT* LARA		
1-2PM SIT-N-FIT TOM	11:30AM-12:30PM DANCETRANCE* SARA	11-11:50AM HYDRORIDER MELISSA	11-11:50AM HYDRORIDER TASHA	1-2PM SIT-N-FIT TOM		
5:15-6:15PM BODYPUMP JANET	5:15-6PM BODYCOMBAT CHARLIE	11:30AM-12:30PM GENTLE YOGA* JACQUELINE	11:30AM-12:30PM DANCETRANCE* SARA	5:15-6PM BODYCOMBAT LARA		
5:45-6:45PM HYBRID RICHARD	5:45-6:15PM LES MILLS SPRINT LEIGH	11:30AM-12:30PM TAI CHI ERIC	5:15-6:15PM BODYCOMBAT LARA	5:15-6PM BODYPUMP LARA		
6:30-7:30PM YOGA* ROSEMARY	6:05-6:35PM MUSCLEWORKS CHARLIE	1-2PM SIT-N-FIT TOM	5:45-6:15PM LES MILLS SPRINT MARILU	6:15-6:45PM GRIT CARDIO LARA		
6:30-7:30PM ZUMBA* KRISTEN	6:40-7:10PM HARD CORE* CHARLIE	5:15-6:15PM BODYPUMP KIM	6:05-6:35PM MUSCLEWORKS CHARLIE			
		5:15-5:45PM POWERCYCLE 30 LARA	6:40-7:10PM HARD CORE* CHARLIE			
		5:30-6:30PM PILATES JANE				
		5:45-6:45PM HYBRID RICHARD				
		6:30-7:30PM ZUMBA* KRISTEN				

SERVING OUR MEMBERS WITH **OVER 120** LIVE/VIRTUAL CLASSES A WEEK!

PLEASE NOTE: THIS SCHEDULE IS FOR CLASSES ONLY. PLEASE CHECK STUDIO SCHEDULES FOR SPECIAL EVENTS OR FOR OTHER USAGE.

CLASSES MARKED WITH AN \* INDICATE CLASSES SUITABLE FOR FAMILIES WITH KIDS AGED 10+

STUDIO LOCATION KEY:

- STUDIO A
- STUDIO B
- STUDIO V
- THE BOX
- POOL

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