



SARASOTA CITY YMCA MASTER CLASS SCHEDULE

EFFECTIVE: 2/12/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45AM CYCLE JULES	5:45-6:45AM BODYPUMP SHARON	5:45-6:45AM CYCLE JULES	5:45-6:45AM BODYPUMP SHARON	5:45-6:45AM CYCLE NATALIA	8-8:45AM BODYPUMP KRISTIN	9:30-10:30AM TRX LAWRENCE
7-7:45AM LES MILLS CORE VIRTUAL	7-7:45AM LES MILLS THE TRIP VIRTUAL	7-7:45AM LES MILLS CORE VIRTUAL	7-7:45AM LES MILLS THE TRIP VIRTUAL	7-7:45AM LES MILLS CORE VIRTUAL	8-9AM PILATES VAL	10:15-11:15AM BODYBALANCE STEVE
7:45-8:30AM SCULPT JAN	8-9AM CYCLE KIM	7:45-8:30AM SCULPT JAN	7:45-8:45AM BODYBALANCE VAL	7:45-8:30AM SCULPT JUDE	8:50-9:20AM LES MILLS CORE* KRISTIN	
8-9AM AQUA YOGA ALISON	9-9:45AM BODYCOMBAT* KRISTIN	8-9AM AQUA YOGA ALISON	8-9AM CYCLE JAN	8-9AM AQUA YOGA ALISON	9-9:30AM LES MILLS SPRINT VIRTUAL	
9-10AM BODYPUMP KRISTIN	9-10AM YOGA FUSION FELIPE	9-10AM BODYPUMP STEVE	9-9:45AM BODYCOMBAT* KRISTIN	9-10AM BODYPUMP ROTATION	9-10AM H2O BLAST JULIE	
9-10AM PURE CORE JAN	9-10AM H2O BLAST JULIE	9-10AM PURE CORE JAN	9-10AM PILATES FUSION FELIPE	9-10AM YOGA BOB	9:25-10:10AM BODYCOMBAT* KRISTIN	
9-10AM WATER IN MOTION JULIE	9:45-10:15AM LES MILLS CORE* KRISTIN	9-10AM AQUA FIT JULIE	9-10AM H2O BLAST CAROL	9-10AM WATER IN MOTION SHARON	10-11:15AM YOGA* JANET	
10:15-11:15AM PRIMETIME SUSIE	10:15-11:15AM TRX LAWRENCE	10:15-11:15AM PRIMETIME SUSIE	9:45-10:15AM LES MILLS CORE* KRISTIN	9:15-10AM CYCLE PETER	10:30-11:30AM DANCE TRANCE BREAKDOWN*	
10:15-11:15AM DANCE TRANCE* COURTNEY	10:30-11:30AM SNOWBIRD STEP KAREN	10:15-11:15AM WERQ (DANCE) ALICIA	10-11AM WATER IN MOTION JULIE	10:15-11:15AM PRIMETIME JAN	11:30AM-12:30PM DANCE TRANCE* ROTATION	
10:30-11:30AM PHASE 3 JULIE	10:30-11:45AM NEUROCYCLE JAN	10:30-11:30AM PHASE 3 JULIE	10:15-11:15AM TRX LAWRENCE	10:15-11:15AM DANCE TRANCE COURTNEY	11:30-12:30PM ZUMBA* CAROL	
11:30-12:15PM SIT-N-FIT SUSIE	11:30AM-12:30PM TAI CHI GINA	11:30-12:15PM SIT-N-FIT SUSIE	10:30-11:30AM SNOWBIRD STEP KAREN	10:30-11:30AM PHASE 3 JULIE		
11:30AM-12:30PM BODYBALANCE JUDE	12:15-1:15PM BODYPUMP MARILU	11:30AM-12:30PM BODYBALANCE JUDE	10:30-11:45AM NEUROCYCLE SUSIE	11:30-12:15PM SIT-N-FIT JAN		
1-2PM GENTLE YOGA* ERNESTO	2-3PM PHASE 1 JULIE	1-2PM GENTLE YOGA* SANDI	11:30AM-12:30PM TAI CHI GINA	11:30AM-12:30PM BODYBALANCE VAL		
2-3PM AQUA LITE CAROL	5:30-6:30PM YOGA* JANELLE	5:30-6:15PM BODYPUMP TRUDI	12:15-1:15PM BODYPUMP MARILU	1-2PM GENTLE YOGA* VAL		
5:30-6:15PM BODYPUMP TRUDI	5:30-6:30PM RPM SUSAN	6:30-7:30PM DANCE TRANCE* CARISSA	12:45-1:45PM BALLESTONE JANE			
6:30-7:30PM DANCE TRANCE* CARISSA			2-3PM PHASE 1 JULIE			
			5:30-6:30PM YOGA* JANELLE			
			5:30-6:30PM WERQ (DANCE) ALICIA			
			5:30-6:30PM RPM SUSAN			
			6:30-7:30PM AQUA FIT JULIE			

SERVING OUR MEMBERS WITH **90** OVER LIVE/VIRTUAL CLASSES A WEEK!

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

STUDIO LOCATION KEY:

STUDIO A

STUDIO B

STUDIO V

AQUATICS

SARASOTA CITY YMCA
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