



# WOOD RIVER COMMUNITY YMCA

**FACILITY HOURS:****Mon-Fri:** 7 AM-8PM**Saturday:** 10AM-6PM**Sunday:** 10 AM-6PM

Please check website for Holiday Hours and up to date schedule and instructor changes.

[www.woodriverymca.org](http://www.woodriverymca.org)**Studio Key**

Aerobics Studio

Spin Loft

Spirit Studio

Hot Yoga Studio

\*Limited Space Available. Sign-up online by clicking the desired class on our schedules page.

<https://www.woodriverymca.org/schedules/>

## Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 AM Core with Margie	8:00 – 9:00 AM Ballet Sculpt					
8:30-9:30 AM Sports Conditioning	9:00-10:00 AM Richard's Morning Yoga	9:00-10:00 AM Richard's Morning Yoga	9:00-10:00 AM Richard's Morning Yoga	9:00-10:00 AM Richard's Morning Yoga		
9:00-10:00 AM Richard's Morning Yoga		10:00-11:00 AM Time to Move				
10:00-11:00 AM Time to Move	10:30-11:30 AM Enhanced Fitness	10:30-11:30 AM Mat Pilates	10:30-11:30 AM Enhanced Fitness			
10:30-11:30 AM Mat Pilates		11:00-11:45 AM Delay the Disease				
12:00-1:00 PM Gentle Yoga	12:00-1:00 PM Barre Class	12:00-1:00 PM Gentle Yoga	12:00-1:00 PM Barre Class	12:00-1:00 PM Gentle Yoga		
3:00-4:00 PM Richard's Afternoon Yoga	3:00-4:00 PM Richard's Afternoon Yoga	3:00-4:00 PM Richard's Afternoon Yoga	3:00-4:00 PM Richard's Afternoon Yoga	12:15-1:15 PM Friday Surprise		
5:30-6:30 PM Beginner Friendly Hip Hop Class		4:45-5:45 PM Another Level: Ladies Dance Class	5:45-6:45 PM High Intensity Fitness			
	5:45-6:45 PM Liz's Kettlebells	6:00-7:00 PM Zumba	6:00-7:00 PM Dive Deep with Lisa			
5:45-6:45 PM Spin Class		5:45-6:45 PM Spin Class				

*Please note that all classes are subject to change due to demand and participation.*