

GROUP EXERCISE

Class Schedule

Parker YMCA



Effective February 18, 2024

● AM CLASSES ● PM CLASSES New Classes in BOLD

Mondays

5:15 AM	R.I.P.P.E.D
8:00 AM	Low Impact Bootcamp
9:00 AM	Chair Yoga
4:15 PM	On the Ball
6:10 PM	H.I.I.T
7:05 PM	Core & Stretch



Tuesdays

8:00 AM	Chair Yoga
5:30 PM	Burn it UP
6:30 PM	Group Power

Wednesdays

5:15 AM	R.I.P.P.E.D.
8:00 AM	Tone & Stretch
6:10 PM	H.I.I.T
7:05 PM	Restorative Yoga

CHILD WATCH HOURS

MONDAY & WEDNESDAY
6-8PM

Thursdays

8:00 AM	Chair Yoga
4:15 PM	On the Ball

Friday

8:00 AM	Low Impact Bootcamp
9:00 AM	Chair Yoga



NOT SURE WHERE TO START?

For a full list of class descriptions, please visit
ymcanrc.org or use the QR Code on the left.

