

CHINO VALLEY YMCA GROUP EXERCISE SCHEDULE



EFFECTIVE 1/18/21

NOTE: ALL CLASSES ARE OUTDOORS!

MONDAY

7:30AM - Pilates with Marsha
8:00AM - Strength/Core with Marsha
9:00AM - Cardio/Strength with Marsha
9:00AM - Aquafit with Bob
10:00AM - Aquafit with Bob
10:00AM - Zumba with Kitie
10:00AM - Silver Sneakers with Marsha
5:00PM - Zumba with Kitie
6:00PM - Rehab Exercise with Rachelle

TUESDAY

8:00AM - Outdoor Yoga with Marsha
9:00AM - Step Cardio with Marsha
9:00AM - Aquafit with Tracy
10:00AM - Aquafit with Tracy
10:00AM - Silver Sneakers with Marsha
5:00PM - HIIT with Trisha
5:30PM - Zumba with Trisha
6:00PM - Body Sculpt with Rachelle

WEDNESDAY

7:30AM - Pilates with Marsha
8:00AM - Strength/Core with Marsha
9:00AM - Cardio/Strength with Marsha
9:00AM - Aquafit with Ester
10:00AM - Aquafit with Ester
10:00AM - Silver Sneakers with Marsha
6:00PM - Rehab Exercise with Rachelle

THURSDAY

8:00AM - Outdoor Yoga with Marsha
9:00AM - Step Cardio with Marsha
9:00AM - Aquafit with Tracy
10:00AM - Aquafit with Tracy
10:00AM - Silver Sneakers with Marsha
10:30AM - Zumba with Kitie
5:00PM - Zumba with Kitie
6:00PM - Body Sculpt with Rachelle

FRIDAY

8:00AM - Strength/Core with Marsha
9:00AM - Barbell with Anna
9:00AM - Aquafit with Bob
10:00AM - Aquafit with Bob

SATURDAY

8:00AM - Rehab Exercise with Rachelle
9:00AM - Aquafit with Ester
9:00AM - Zumba with Kitie



SCAN ME

Current class schedules can always be found at:
weymca.org/locations/chinovalley