

# R.C. Durr YMCA

5874 Veterans Way Burlington, KY 41005 | 859.534.5700 | MyY.Org

## Group Fitness (as of 01/2025)



### Mondays

MoveStrong®*	5:30 a.m.	PTR - Mary
Group Fight	8:00 a.m.	Studio AB - Holly H
Core	8:15 a.m.	Studio C - Stephanie
Group Power	9:00 a.m.	Studio AB - Holly H
Freestyle Fitness	9:00 a.m.	Studio C - Stephanie
Shallow/Deep Water	10:00 a.m.	Indoor Pool - Sally
Variety	10:15 a.m.	Studio AB - Holly H
Effective Exercise Essentials	11:00 a.m.	Fitness Center - Roger
Silver Sneakers Classic✓	12:00 p.m.	Studio AB - Holly R
MoveStrong®*	5:30 p.m.	PTR - Crystal
Cardio/Strength	5:45 p.m.	Studio AB - Kristin
Bootcamp ∞	6:30 p.m.	Studio C - Bridget

### Tuesdays

Cycling	5:15 a.m.	PTR - Elizabeth
Group Fight	8:00 a.m.	Studio AB - Stephanie
AOA Strength Training Δ	9:00 a.m.	Studio AB - Kristin
Deep Water Workout	10:00 a.m.	Indoor Pool - Sally
Barre	10:15 a.m.	Studio AB - Kristin
Shallow/Deep Water	11:00 a.m.	Indoor Pool - Jane
MoveStrong®*	11:30 a.m.	PTR - Holly H
Mat Pilates	11:30 a.m.	Studio C - Lauren
Silver Sneakers Yoga	12:30 p.m.	Studio C - Lauren
Variety Sculpt	5:45 p.m.	Studio C - Stacy
Dance Fitness	5:45 p.m.	Studio AB - Nick
Deep Water Workout	6:05 p.m.	Pool - Adrien
Yoga	7:00 p.m.	Studio C - Lauren

### Wednesdays

Group Power	8:15 a.m.	Studio AB - Holly H
Core	8:15 a.m.	Studio C - Stephanie
Group Power	9:00 a.m.	Studio AB - Stephanie
Zumba®	9:00 a.m.	Studio C - Holly H
Deep Water Workout	9:00 a.m.	Indoor Pool - Amy
Cycling	9:15 a.m.	PTR - Crystal
Shallow/Deep Water	10:00 a.m.	Indoor Pool - Amy
HIIT	10:15 a.m.	Studio AB - Holly H
Women on Weights	11:00 a.m.	Studio C - Crystal
Silver Sneakers Classic✓	12:00 p.m.	Studio AB - Holly R
Yoga	4:45 p.m.	Studio C - Melissa
MoveStrong®*	5:30 p.m.	PTR - Crystal
Zumba® ∞	5:45 p.m.	Studio AB - Eric
Cycling	6:30 p.m.	PTR - Crystal

### Thursdays

Cardio/Strength	8:00 a.m.	Studio AB - Kristin
AOA Strength Training Δ	9:00 a.m.	Studio AB - Kristin
Deep Water Workout	10:00 a.m.	Indoor Pool - Sally
Cycling	10:15 a.m.	PTR - Crystal
Cardio/Strength	10:15 a.m.	Studio AB - Kristin
Shallow/Deep Water	11:00 a.m.	Indoor Pool - Jane
MoveStrong®*	11:30 a.m.	PTR - Crystal
Mat Pilates	11:30 a.m.	Studio C - Lauren
Yoga	12:30 p.m.	Studio C - Lauren
Cycling	5:45 p.m.	PTR - Stacy
Dance Fitness	5:45 p.m.	Studio AB - Nick
Shallow Water	6:05 p.m.	Indoor Pool - Adrien
Group Power	7:00 p.m.	Studio AB - Bridget

### Fridays

MoveStrong®*	5:30 a.m.	PTR - Mary
Yoga	6:45 a.m.	Studio C - Sara D
Group Fight	8:00 a.m.	Studio AB - Stephanie
Deep Water Workout	9:00 a.m.	Indoor Pool - Amy K
Group Power	9:00 a.m.	Studio AB - Stephanie
MoveStrong®*	9:30 a.m.	PTR - Crystal
Shallow/Deep Water	10:00 a.m.	Indoor Pool - Jane
Silver Sneakers Classic✓	10:15 a.m.	Studio C - Amy K
Yoga	11:15 a.m.	Studio C - Phoenix
Tai Chi for Arthritis	12:15 p.m.	Studio AB - Phoenix

### Saturdays

Cycling	7:30 a.m.	PTR - Elizabeth
Deep Water Workout	8:00 a.m.	Indoor Pool - Michelle
Saturday Rotation	8:30 a.m.	Studio AB - Varies
MoveStrong®*	8:45 a.m.	PTR - Bridget
Group Power	9:45 a.m.	Studio AB - Bridget
Power Yoga	11:00 a.m.	Studio C - Lauren
Yoga Stretch	12:00 p.m.	Studio C - Lauren

**Desktop sign-up available**  
<https://MyY.org/schedules>. **Reservations open 48 hours before designated time of class. Make sure to always check the MyY App or online for the most updated schedules available!**

**\*Paid Class - See Welcome Center**

**Δ Great for Beginners**

**∞ Families Welcomed**

**✓ Low Impact, Great for Beginners**