



B.R. RYALL YMCA GROUP EXERCISE VIRTUAL CLASS SCHEDULE • MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:15 a.m. Strength & Cardio Zoom (Lauren)	7:30-8:15 a.m. HIIT/Bootcamp Rotation Zoom (Lauren)	8:15-9 a.m. Strength Training with Weights Facebook LIVE (Lauren)	9:30-10:10 a.m. PiYo Zoom (Denise)	8:30-9 a.m. HIIT Facebook LIVE (Lauren)	
10-10:40 a.m. Fit For Life Zoom (Shannon)		9:30-10:30 a.m. Cycle Zoom (Lauren)	9:30-10 a.m. Bootcamp/Cardio Blast Rotation Facebook LIVE (Lauren)		9:30-10:15 a.m. Strength & Cardio Facebook LIVE (Lauren)
10:05-10:45 a.m. PiYo Zoom (Denise)		11:30 a.m. to 12:10 p.m. Pedaling for Parkinson's Zoom (Denise)	10:30-11 a.m. Fit For Life Zoom (Lauren)	10:30-11:30 a.m. Restorative Yoga Facebook LIVE (Ronda)	11:15 a.m. to 12:05 p.m. BollyX Zoom (Danielle D.)
		6-6:40 p.m. Zumba Zoom (Shannon)		CLASS EQUIPMENT NEEDS Yoga Barre: Chair, light weights or water bottles (2-3 lbs.) and a resistance band (if available) Restorative Yoga: Bolster or 2 bed pillows, 2 bath towels and a thin blanket Strength Training: Light to medium dumbbells (alternative: canned goods)	
7-7:45 p.m. Bodyweight Strength Training Facebook LIVE (Lauren)	6-7 p.m. Yoga I/II Facebook LIVE (Ronda) (NO class on May 5)	6-7 p.m. Yoga Barre Facebook LIVE (Ronda)	5:15-5:50 p.m. Strong Nation Zoom (Danielle D.)		

Facebook LIVE Classes

Go directly to our page at facebook.com/BRRyallYMCA. Please invite your family and friends to join you; these classes are FREE and open to everyone! You can also host your own Facebook LIVE watch party.

B.R. RYALL YMCA of Northwestern DuPage County

630.858.0100

www.brriallymca.org

facebook.com/BRRyallYMCA

twitter.com/BRRyall_YMCA

instagram.com/brriallymca

Zoom LIVE Classes for Members

Please email the instructor at least 30 minutes prior to the start of the class and she will send you a link to join the class.

Danielle D.	ddubose@ryallymca.org
Denise	ddenman@ryallymca.org
Lauren	lkerr@ryallymca.org
Ronda	rschorle@ryallymca.org
Shannon	sdavis@ryallymca.org