

20th AVE Y STUDIO CLOSURES

Aerobics Studio closed April 20 – April 26

Training Studio closed April 27 – May 3

Our studio floors are getting a facelift! During this time, classes may be canceled or relocated. Thank you for your patience while we work to keep our facilities in great shape.

Aerobics Studio Classes

Monday, April 20

5:15 am – BodyPump – Canceled

9:00 am – Muscle Conditioning – Canceled

4:15 pm – Zumba – Relocated to Training Studio (45-minute class)

5:30 pm – HIIT – Canceled

Tuesday, April 21

5:15 am – HIIT – Canceled

5:50 am – Core Focus Together – Canceled

8:00 am – Muscle Conditioning – Relocated to Training Studio

9:15 am – Zumba Gold – Canceled

5:15 pm – Pilates – Relocated to the SMB room – (Please reserve a spot)

6:30 pm – Group Blast – Canceled

Wednesday, April 22 – Class Cancellations Below

5:15 am – Fit Camp

9:00 am – Muscle Conditioning

10:15 am – Drums Alive

11:15 am – Tai Chi

5:15 pm – Zumba

Thursday, April 23

5:10 – Defend Together – Canceled

8:10 – Defend Together – Relocated to Training Studio

9:15 am – Zumba Gold – Canceled

10:15 am – Group Centergy – Canceled

4:15 pm – HIIT – Relocated to the SMB room

5:30 pm – Hip Hop – Canceled

Friday, April 24

5:15 am – BodyPump – Canceled

7:45 am – Zumba – Relocated to Training Studio

9:00 am – Muscle Conditioning – Canceled

5:30 pm – Group Centergy – Relocated to the SMB room

Saturday, April 25 & Sunday, April 26

7:45 am – Group Blast – Canceled

9:00 am – Hip Hop – Canceled

9:00 am – Group Centergy – Canceled

Training Studio Classes

Monday, April 27

5:15 am – HIIT – Canceled

9:00 am – BodyPump – Canceled

12:10 pm – Defend Together – Relocated to Aerobics Studio

5:15 pm – Group Blast – Canceled

Tuesday, April 28

5:15 am – Group Cycling – Canceled

12:15 pm – BodyPump – Relocated to Aerobics Studio

4:30 pm – Group Groove – Canceled

5:45 pm – Defend Together Canceled

Wednesday, April 29

5:15 am – Group Cycling Canceled

9:00 am – BodyPump – Canceled

10:30 am – FOREVERWELL Cycling – Canceled

4:15 pm – Group Blast – Relocated to Aerobics Studio (45-minute class)

5:30 pm – BodyPump – Canceled

Thursday, April 30

5:15 am – Group Cycling – Canceled

4:30 pm – Group Cycling – Canceled

5:30 pm – BodyPump – Canceled

Friday, May 1

5:15 am – HIIT – Relocated to East half of Gym

9:00 am – BodyPump – Canceled

Saturday, May 2

7:15 am – Core Focus Together – Canceled (*Try it at the Downtown Y! 8:15 a.m.*)

8:00 am – BodyPump – Canceled (*Try it at the Downtown Y! 7:15 a.m. or 10:15 a.m.*)

9:15 am – Pilates – Relocated to the SMB room (Please reserve a spot)

Sunday, May 3

7:15 am – Core Focus – Relocated to Aerobics Studio

8:00 am – BodyPump – Relocated to Aerobics Studio

9:15 am – HIIT - Canceled