



FITNESS SCHEDULE

MAY 2023

CHEYENNE FAMILY YMCA
 Mon-Thu: 5am-8pm / Fri: 5am-7pm
 Sat: 7am-5pm / Sun: 9am-1pm

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|--|---|--|-----|--|-----|
| <p>WALKAEROBICS 5:45-6:30am Jaci Community Room</p> <p>BOSU 8-8:20am JOE Community Room</p> <p>BODY STRONG 8:30-9am Donna Community Room</p> <p>SILVER SNEAKERS CARDIO 9:10-9:45am Donna Community Room</p> <p>CHAIR YOGA 12:15-12:55pm Maren Frontier Room</p> <p>LINE DANCE FUNDAMENTALS 1-2pm Fred Community Room</p> | <p>TRX 6-7am Kristi Community Room</p> <p>WALKAEROBICS 6:15-6:45AM Jaci Frontier Room</p> <p>LES MILLS BODY PUMP 7:30-8:15am Donna Community Room</p> <p>TAI CHI FOR BETTER BALANCE 8:30-9am Larry Frontier Room</p> <p>SILVER SNEAKERS CLASSIC 9:10-9:45am Donna Community Room</p> <p>LINE DANCING 10-11am Fred Community Room</p> <p>NEUROFIT 10-10:30am Donna Frontier Room</p> <p>HIIT 12:15-12:45pm Dee Community Room</p> | <p>WALKAEROBICS 5:45-6:30am Jaci Community Room</p> <p>BOSU 8-8:20am Donna Community Room</p> <p>BODY STRONG 8:30-9am Donna Community Room</p> <p>SILVER SNEAKERS CARDIO 9:10-9:45am Donna Community Room</p> <p>BETTER BALANCE 10-10:45am Larry Community Room</p> <p>STRETCH, ROLL, RECOVER 12:10-12:50pm DEE Community Room</p> <p>CHAIR YOGA 12:15-12:55pm Maren Frontier Room</p> <p>LES MILLS BODY PUMP 6-6:45pm Donna Community Room</p> | <p>YOGA FLOW 6-7am Maren Frontier Room</p> <p>WALKAEROBICS 6:15-6:45AM Jaci Frontier Room</p> <p>LES MILLS BODY PUMP 7:30-8:15am Donna Community Room</p> <p>SILVER SNEAKERS CLASSIC 9:10-9:45am Donna Community Room</p> <p>LINE DANCING 10-11am Fred Community Room</p> <p>NEUROFIT 10-10:30am Donna Frontier Room</p> <p>HIIT 12:15-12:45pm Dee Community Room</p> | | <p>LINE DANCING 11am-12pm Fred Community Room</p> | |

Classes are live-streamed for members via Zoom. Visit cheyenneyymca.org/virtual-ymca or, you have this PDF open on your device, click on the room button below for your class a few minutes before the start time.

Live-Streamed
Community Room
Classes

Live-Streamed
Frontier Room
Classes