


Lincoln Family Downtown YMCA
 350 N. 1st Ave.
 Phoenix, AZ
 602.257.5138

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 Barry Group Cycling	6:00-7:00 Cheyenne Athletic Conditioning	6:00-7:00 Barry Group Cycling		6:00-7:00 Barry/Phil Group Cycling		
6:30-7:30 Lou Early Bird Conditioning		6:30-7:30 Dave Early Bird Conditioning		6:30-7:30 Erica Athletic Conditioning	8:30-10:00 Mark Athletic Conditioning	
9:00-10:00 Tammy Deep H2O Aerobics	9:30-10:15 Tammy Silversneakers		9:30-10:15 Tammy Silversneakers	7:00-8:30am Eva Babby Buggy Exercise at Civic Space	9:00-10:00 Kathy Water Aerobics	
10:00-11:00 Low Impact Aerobic Swim	10:15-10:45 Tammy Silversneakers Yoga/Stretch	10:00-11:00 Tammy Silversplash	10:15-10:45 Tammy Silversneakers Yoga/Stretch	10:00-11:00 Low Impact Aerobic Swim	9:00-10:00 Eva Group Cycling	10:00- 1:00pm *Kendo
11:00-12:00 Becca BODYPUMP	11:00-12:00 Cindy BODYPUMP		11:00-12:00 Gwynne Zumba		10:00-11:00 Gwynne Zumba	
12:00-1:00 Cassidi Turbo Kick	12:00-1:00 Cindy Yogalates	12:00-1:00 Cassidi Athletic Conditioning	12:00-1:00 Becca BODYPUMP	12:00-1:00 Cindy Yogalates	11:30-12:30 Gwynne BODYPUMP	
	12:00-1:00 Tyler/Julie Group Cycling	12:00-1:00 Julie Group Cycling	12:00-1:00 Tyler Group Cycling	12:00-1:00 Phil Group Cycling	1:00-2:00 Tom Adult Karate	
	1:30-2:20 *EXWASU105	3:45-4:30 Cindy/Kelly Family Athletic Conditioning	1:30-2:20 *EXWASU105	1:00-4:00 *YMCA Day Camp	Classes Held in the Group Ex Rm are Cancelled on Thursday 7/1 for maintainence	
4:30-5:30 Cindy Zumba	4:30-5:30 Tom Youth/Family Karate	4:30-5:30 Cindy Zumba	4:25-5:30 Cassidi BODYPUMP	4:00-5:00 *Every Little Step Counts	Cycling Classes will take place as scheduled on 7/1. YMCA closed 7/2-7/4	
5:30-6:30 Marco Cardio Box	5:30-6:30 Miguel Athletic Conditioning	5:30-6:30 Marco Cardio Box	5:30-6:30 Rafael Zumba	5:30-6:30 Water Aerobics	4:00-5:30 Eric Ashtanga Yoga	
5:30- 6:30 Tyler Group Cycling	5:30-6:30 Tyler Group Cycling	5:30-6:30 Sharon Group Cycling	5:30-6:30 Marco Group Cycling			
5:30-6:30 Water Aerobics	5:30-6:30 Water Aerobics	5:30-6:30 Water Aerobics	5:30-6:30 Water Aerobics			
6:30-7:30 Wayne Hatha Yoga	6:30-7:30 Eric Ashtanga Yoga	6:30- 7:30 Gladys Hatha Yoga	6:30-7:30 Erica BODYPUMP			
8:30-10:00 *ASUDAN194		8:30-10:00 *ASUDAN194			www.valleymca.org	Child Watch Hours: M-F: 10am-1pm/4-8pm Sat: 9am-1pm

The YMCA puts Christian principles into practice through programs that build a healthy spirit, mind and body for all. All Classes are Free and Open to Members *Except ASUDAN, EXWASU, Animated Family Practice and Kendo.