



OAKLAND Y GROUP X FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Sculpt 7:30am–8:15am Michelle A PT Patio Strength	Outdoor Senior Fitness 12:00pm–1:00pm Joe PT Patio Strength	Outdoor Yoga 7:30am–8:15am Vanessa PT Patio Mind/Body	Outdoor Senior Fitness 12:00pm–12:50pm Joe PT Patio Strength	Outdoor Sculpt 7:30am–8:15am Michelle A PT Patio Strength	Outdoor Yoga 9:00am–9:50am Vanessa W PT Patio Mind/Body	Outdoor POP Up Yoga MAY 23 7:30am–8:00am Odissa W PT Patio Mind/Body
Outdoor Yoga 12:00pm–1:00pm Odissa W PT Patio Mind/Body		Outdoor Cycling STARTS MAY 19 12:00pm–12:45pm Kym S PT Patio Strength		CLUB FIT 5:30pm–6:15pm Christian Strength Floor Strength		
Outdoor Tai Chi STARTS MAY 17 4:00pm–4:50pm Arthur PT Patio Mind/Body				CLUB FIT AMRAP Circuit 7:30pm–8:15pm Christian Strength Floor Strength		

*Schedule subject to change. Please download app or check the online schedule for the most current and up to date info.

Due to Covid-19 restrictions, class sizes are limited. All classes require preregistration. Please be kind and conscientious and remove yourself from class if you cannot make it. We ask that you cancel 24 hrs or more before class start to ensure that others have a chance to participate. Most classes will take place on the PT Patio. The PT Patio is accessible via Broadway Ave (The blue YMCA Association building next to the Oakland YMCA) Please bring your own towel and a mat.