



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Cleaver Family YMCA

### Monday

Start	End	Class	Location	Instructor
05:30 AM	06:25 AM	Cycle Boot Camp	Studio B	Mynnye
08:00 AM	08:55 AM	Yoga	Studio A	Tracey
08:30 AM	09:25 AM	PiYo Live	Studio B	Quenen
09:30 AM	10:25 AM	LesMills BODYPUMP	Studio B	Heather
10:30 AM	11:25 AM	SilverSneakers Circuit	Studio B	Carolyn
11:30 AM	12:25 PM	SilverSneakers Circuit	Studio B	Carolyn
12:30 PM	01:25 PM	Enhance Fitness	Studio B	Carolyn
05:30 PM	06:25 PM	Cycle	Studio B	Jean
06:30 PM	07:25 PM	Yoga	Studio B	Jean

### Tuesday

Start	End	Class	Location	Instructor
05:30 AM	06:25 AM	Insanity Live	Studio B	Derek
08:15 AM	09:00 AM	Beginner TRX Multi-Modality	Studio A	Marria
08:30 AM	09:25 AM	LesMills BODYCOMBAT	Studio B	Heather
09:30 AM	10:25 AM	Turbo Kick Live	Studio B	Amy B.
10:30 AM	10:55 AM	Core Training	Studio B	Amy B.
11:00 AM	11:55 AM	Walk, Talk, and Tone	Studio B	Nina
12:00 PM	12:55 PM	Silver Sneakers Yoga Stretch	Studio B	Nina
05:30 PM	06:25 PM	Zumba	Studio A	Chelsea
05:30 PM	06:25 PM	LesMills BODYPUMP	Studio B	Jim
06:30 PM	07:25 PM	Insanity Live	Studio B	Derek

### Wednesday

Start	End	Class	Location	Instructor
05:30 AM	06:25 AM	Cycle	Studio B	Erin
08:00 AM	08:55 AM	Yoga	Studio A	Tracey
08:30 AM	09:25 AM	Insanity Live	Studio B	Quenen
09:30 AM	10:25 AM	AOA Low Impact	Studio B	Nina
10:30 AM	10:55 AM	AOA Core Training	Studio B	Nina
11:00 AM	11:55 AM	SilverSneakers Classic	Studio B	Carolyn
12:00 PM	12:55 PM	AOA Chair Yoga	Studio B	Nina
01:00 PM	01:55 PM	Enhance Fitness	Studio B	Nina
04:30 PM	05:25 PM	LesMills BODYPUMP	Studio B	Heather
05:30 PM	06:25 PM	Cycle	Studio B	Gary
06:30 PM	07:25 PM	Yoga	Studio B	Jean
06:30 PM	07:25 PM	PiYo Live	Studio A	Marria

### Thursday

Start	End	Class	Location	Instructor
05:30 AM	06:25 AM	Insanity Live	Studio B	Derek
08:15 AM	09:00 AM	Advanced TRX Mullti-Modality	Studio A	Marria
08:30 AM	09:25 AM	LesMills BODYPUMP	Studio B	Heather
09:30 AM	10:25 AM	Turbo Kick Live	Studio B	Amy B.
11:00 AM	11:55 AM	AOA Resistance	Studio B	Nina
12:00 PM	12:55 PM	Silver Sneakers Yoga Stretch	Studio B	Nina
05:30 PM	06:25 PM	LesMills BODYCOMBAT	Studio B	Heather
06:30 PM	07:25 PM	Zumba	Studio B	Chelsea

### Friday

Start	End	Class	Location	Instructor
05:30 AM	06:25 AM	Boot Camp	Gym	Mike
08:00 AM	08:55 AM	Yoga	Studio A	Tracey

#### Cleaver Family YMCA

7000 Troost Ave, Kansas City, Missouri 64131  
P816.285.9622 <http://www.KansasCityYMCA.org/Cleaver>



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**Friday**

Start	End	Class	Location	Instructor
08:30 AM	09:25 AM	Interval Boxing	Studio B	Erin
09:30 AM	10:25 AM	PiYo Live	Studio A	Marria
09:30 AM	10:15 AM	Tai Chi-Arthritis	Studio B	Tracey
11:00 AM	11:55 AM	SilverSneakers Circuit	Studio B	Carolyn
12:00 PM	12:55 PM	Zumba Gold	Studio B	Estelle
01:00 PM	01:55 PM	Enhance Fitness	Studio B	Jean
04:30 PM	05:25 PM	Turbo Kick Live	Studio B	Quenen
05:30 PM	06:15 PM	TRX Yoga Fusion	Studio A	Marria

**Saturday**

Start	End	Class	Location	Instructor
08:30 AM	09:25 AM	Boot Camp	Gym	Gary
09:30 AM	10:25 AM	LesMills BODYPUMP	Studio B	Jim
10:30 AM	11:25 AM	Restorative Training	Studio B	Foxy
10:30 AM	11:25 AM	Yoga	Studio A	Jean

**Sunday**

Start	End	Class	Location	Instructor
02:00 PM	02:55 PM	Zumba	Studio B	Estelle