

CHINO VALLEY YMCA

GROUP EXERCISE SCHEDULE



EFFECTIVE 8/1/25

*Felicia's Yoga, Restorative Yoga, and Silver Sneakers will be canceled on the following dates: 8/2, 8/5, 8/7, 8/9, 8/12, 8/14, and 8/16

MONDAY

7:30AM - Barbell Class with Marsha
8:30AM - Cardio/Strength with Marsha
9:00AM - Aquafit with Esther
9:45AM - Silver Sneakers with Marsha
6:00PM - Rehab Exercise with Rachelle
7:00PM - HIIT with Michael

TUESDAY

7:30AM - Yoga with Marsha
8:30AM - Step Cardio with Marsha
9:00AM - Aquafit with Tracy
9:45AM - Silver Sneakers with Marsha
10:00AM - Aquafit with Tracy
1:00PM - Silver Sneakers with Felicia
5:15PM - Body Sculpt with Rachelle
6:10 - Yoga with Felicia

WEDNESDAY

7:00AM - Stretch Class with Marsha
7:30AM - Barbell Class with Marsha
8:30AM - Cardio/Strength with Marsha
9:00AM - Aquafit with Bob
9:45AM - Silver Sneakers with Marsha
6:00PM - Rehab Exercise with Rachelle
7:00PM - HIIT with Michael

THURSDAY

7:30AM - Yoga with Marsha
8:30AM - Step Cardio with Marsha
9:00AM - Aquafit with Tracy
9:45AM - Silver Sneakers with Marsha
10:00AM - Aquafit with Tracy
1:00PM - Silver Sneakers with Felicia
5:15PM - Body Sculpt with Rachelle
6:10PM - Yoga with Felicia
7:00PM - Zumba with Iliana

FRIDAY

7:00AM - Stretch Class with Marsha
7:30AM - Barbell Class with Marsha
8:30AM - Rehab Exercise with Rachelle
9:00AM - Aquafit with Bob

SATURDAY

7:00AM - Restorative Yoga with Felicia
8:00AM - Rehab Exercise with Rachelle
9:00AM - Aquafit with Esther



Current class schedules can always be found at:
weymca.org/locations/chinovalley