

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:15-10:15 am Silver Sneakers Muscular Strength Class@* Kathy 🌀❤️☒			9:15-10:15 am Silver Sneakers Muscular Strength Class@* Kathy 🌀❤️☒	8:00-8:45 am Barbell Pump Trish S. ❤️☒	
9:15-10:15 am Cardio Blitz Fiorella ❤️	9:15-10:15 am Pilates Sally 🌀☒	9:15-10:15 am Cardio Blitz Fiorella ❤️	9:15-10:00 am Barbell Pump Sally ❤️☒	9:15-10:00 am Cardio Blitz Fiorella ❤️	9:00-9:30 am IrresistiBall Gwen 🌀☒	
10:15-10:45 am Upper Body Strength Blitz Fiorella ☒		10:15-10:45 am Lower Body Strength Blitz Fiorella ☒	10:00-10:45 am Core Challenge Sally ☒	10:00-10:45 am Stretch & Strength Synthesis Fiorella 🌀☒	9:30-10:15 am Cardio Crunch Gwen ❤️	10:30-12:00 pm Classic Combo Linda ❤️☒
12:30-1:15 pm Barbell Pump Sally ☒		12:30-1:15 pm Barbell Pump Sally ☒			10:30-11:45 am Shotokan Karate Maura ❤️☒	
1:30-2:30 pm Silver Sneakers Muscular Strength Class@* Phyllis 🌀❤️☒		1:30-2:30 pm Silver Sneakers Muscular Strength Class@* Phyllis 🌀❤️☒				
	4:15-5:00 pm AB Busters Linda ☒		4:15-5:00 pm AB Busters Linda ☒			
5:15-6:00 pm Intermediate Step Tricia P. ❤️	5:15-6:00 pm Beginner Step & Tone Tricia P. ❤️☒	5:15-5:45 pm Mat Science Tricia P. 🌀☒	5:15-6:00 pm Beginner Step & Tone Tricia P. ❤️☒	5:15-6:00 pm "Team Trish" Circuits (1 st & 3 rd Friday of month) ❤️☒	Looking for a specific type of workout? Follow our guide to find the class that's right for you! ❤️ = Cardio ☒ = Strength Training 🌀 = ytilibixelF	
6:00-6:45 pm Circuits Tricia P. ❤️☒	6:00-7:00 pm Extreme Kickboxing† Tricia P. ❤️☒	5:45-6:30 pm 20/20 Tricia P. ❤️☒	6:00-7:00 pm Extreme Kickboxing† Tricia P. ❤️☒	6:15-7:30 pm Shotokan Karate Maura ❤️☒		
7:00-8:00 pm Yoga Pat 🌀	7:00-7:45 pm Tone & Trim Tricia P. ☒	7:00-8:00 pm Yoga Pat 🌀	6:15-7:15 pm Zumba@* Fiorella ❤️	All Classes are FREE to YMCA members, unless otherwise noted! All classes will be held upstairs in the Aerobics Room unless otherwise noted. Class times and instructors are subject to change *Class will be held in the Community Room. †Kickboxing requires your own boxing gloves. Schedule effective May 18, 2009		
			7:30-8:15 pm Shotokan Karate Maura ❤️☒			