



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Exercise Schedule - SEPTEMBER

Class Schedule	MON	TUE	WED	THU	FRI	SAT	SUN
Pilates/Style (Amy H.)	5:00am		5:00am		5:00am		
Cycle/Spin (Gail)				5:30am			
Cycle/Spin (Kathy V.)	5:45am		5:45am		5:45am		
Water Aerobics (Jim/Wally/Candy)	8:00am		8:00am		8:00am		
Cycle/Spin (Kayla W.)		9:00am		9:00am		9:00am	
Step It Up (Cindy K.)	8:15am		8:15am		8:15am		
Toning (Cindy K.)	9:00am		9:00am		9:00am		
Power Yoga (Alyssa S.)						9:30am	
Sculpt (Kayla W.)		8:15am		8:15am		8:15am	
Silver Sneakers -Strength	10:00am		10:00am		10:00am		
	11:00am		11:00am		11:00am		
Silver Sneakers -Cardio		10:00am		10:00am			
Water Yoga (Rachael B.)		9:00am		9:00am			
Water Aerobics (Rachael B.)		10:00am		10:00am			
Strength & Cardio Intervals (Shawn S.)		4:30pm					
PlyoJam (Kaitlin K.)	4:30pm		4:30pm				
Cycle/Spin (Kayla W.)			5:30pm				
Ignite Yoga (Alyssa S.)	5:30pm		5:30pm				
Vinyasa Yoga (Jessi C.)				5:00pm			
Myofascial Release (Alicia W.)	6:30pm		6:30pm				

Pool	Gym	Therapy Pool
Spin Room	Fitness Room	Outside

Please bring your own yoga mat

Must be 16 years old to participate in Group Exercise Classes unless YCP has been completed

