GROUP EXERCISE SCHEDULE: NOV 2 – NOV 8

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
Bootcamp with Jay 5:45 – 6:30 am MPR	Bootcamp with Jay 5:30 – 6:10 am Pool	Bootcamp with Jay 5:45 – 6:30 am MPR		Bootcamp with Jay 5:45 – 6:30 am MPR	
					Water Walking with Kim 9 – 10 am Pool
Strength & Conditioning with Cathy 9a–10a MPR	Chair Yoga with Cathy 9 – 9:45 am MPR		~~Chair Yoga with Cathy~~ ~~9 – 9:45 am~~ ~~MPR~~	Strength & Conditioning with Cathy 9 – 10 am MPR	Pump & Tone with Jen 7:45 – 8:45am MPR
Silver Sneakers with Miss Dee 10 – 10:45 am Gym	Silver Sneakers with Miss Dee 10 – 10:45 am Gym	Silver Sneakers with Miss Dee 10 – 10:45 am Gym	Silver Sneakers with Miss Dee 9 – 9:45 am Gym		
Silver Sneakers Water Aerobics 10 – 11 am Pool	Silver Sneakers Water Aerobics 10 – 11 am Pool	Silver Sneakers Water Aerobics 10 – 11 am Pool	Silver Sneakers Water Aerobics 10 – 11 am Pool	Silver Sneakers Water Aerobics 10 – 11 am Pool	
	Hyrdo Worx with Zing 11:00am – 12:00pm Pool	THINKnFIT with Zing 11:00am – 12:00pm MPR	Hyrdo Worx with Zing 11:00am – 12:00pm Pool	THINKnFIT with Zing 11:00am – 12:00pm MPR	
	Intermediate Tai Chi with Gary & Patti 11 a.m. – Noon MPR		Intermediate Tai Chi with Gary & Patti 10:45 a.m. – 11:30 MPR		
	Advanced Tai Chi with Gary & Patti Noon – 1 pm MPR		Advanced Tai Chi with Gary & Patti Noon – 1 pm MPR		
Pump & Tone with Jen 5:15 – 6:15 pm MPR	Pump & Tone with Jen 5- 6 pm MPR	Pump & Tone with Jen 5:15 – 6:15 pm MPR			
			Dance & Burn with Jaye 6 – 7 pm MPR		
Adult Aqua Fit with Sandy 6 – 7pm Pool	Adult Aqua Fit with Sandy 6 – 7pm Pool	Adult Aqua Fit with Sandy 6 – 7pm Pool			

Key

Multi-Purpose Room

Pool

Gym

Studio

Racquetball Court

Strength & Conditioning

Aquatics

Mind Body

Low Impact

the YMCA