GROUP EXERCISE SCHEDULE: NOV 16 – NOV 22

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
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		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 10 – 10:45 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 6 – 7pm Pool	Adult Aqua Fit 6 – 7pm Pool	Adult Aqua Fit 6 – 7pm Pool			

Key

Multi-Purpose Room

Pool

Gym

Studio

Racquetball Court

Strength & Conditioning

Aquatics

Mind Body

Low Impact

the YMCA