**CLC YMCA GROUP EXERCISE SCHEDULE**  
**FALL I - August 31st - Oct 25th**

<table>
<thead>
<tr>
<th>TIME</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| **EARLY MORNING** | 6:00–6:45am  
KETTLEBELLS (O)  
Mary Snow                          | 6:00–6:45am  
KETTLEBELLS (O)  
Mary Snow                          | 6:00–6:45am  
KETTLEBELLS (O)  
Mary Snow                          | 6:00–6:45am  
KETTLEBELLS (O)  
Mary Snow                          | 6:00–6:45am  
KETTLEBELLS (O)  
Mary Snow                          | 6:00–6:45am  
KETTLEBELLS (O)  
Mary Snow                          |
|              | 6:00–7:00am  
FIT FOR LIFE (Z)  
Sarah Plummer                     | 6:00–7:00am  
FIT FOR LIFE (Z)  
Sarah Plummer                     | 6:00–7:00am  
FIT FOR LIFE (Z)  
Sarah Plummer                     | 6:00–7:00am  
FIT FOR LIFE (Z)  
Sarah Plummer                     | 6:00–7:00am  
FIT FOR LIFE (Z)  
Sarah Plummer                     | 6:00–7:00am  
FIT FOR LIFE (Z)  
Sarah Plummer                     |
|              | 8:00–8:15am  
LIVING FIT  
Robin Maginn                      | 8:00–8:15am  
LIVING FIT  
Robin Maginn                      | 8:00–8:15am  
LIVING FIT  
Robin Maginn                      | 8:00–8:15am  
LIVING FIT  
Robin Maginn                      | 8:00–8:15am  
LIVING FIT  
Robin Maginn                      | 8:00–8:15am  
LIVING FIT  
Robin Maginn                      |
|              | 9:00–9:45am  
FIT FOR LIFE (Z)  
Sarah Plummer                     | 9:00–9:45am  
FIT FOR LIFE (Z)  
Sarah Plummer                     | 9:00–9:45am  
FIT FOR LIFE (Z)  
Sarah Plummer                     | 9:00–9:45am  
FIT FOR LIFE (Z)  
Sarah Plummer                     | 9:00–9:45am  
FIT FOR LIFE (Z)  
Sarah Plummer                     | 9:00–9:45am  
FIT FOR LIFE (Z)  
Sarah Plummer                     |
|              | 10:00–10:45am  
ENHANCE FITNESS (I)  
Robin Maginn                      | 10:00–10:45am  
ENHANCE FITNESS (I)  
Robin Maginn                      | 10:00–10:45am  
ENHANCE FITNESS (I)  
Robin Maginn                      | 10:00–10:45am  
ENHANCE FITNESS (I)  
Robin Maginn                      | 10:00–10:45am  
ENHANCE FITNESS (I)  
Robin Maginn                      | 10:00–10:45am  
ENHANCE FITNESS (I)  
Robin Maginn                      |
|              | 11:00–11:45am  
STRENGTH TRAINING  
Cynthia                           | 11:00–11:45am  
STRENGTH TRAINING  
Cynthia                           | 11:00–11:45am  
STRENGTH TRAINING  
Cynthia                           | 11:00–11:45am  
STRENGTH TRAINING  
Cynthia                           | 11:00–11:45am  
STRENGTH TRAINING  
Cynthia                           | 11:00–11:45am  
STRENGTH TRAINING  
Cynthia                           |
|              | 12:15–12:45pm  
CARDIO & CORE (I or O)  
Lauren Ober                        | 12:15–12:45pm  
CARDIO & CORE (I or O)  
Lauren Ober                        | 12:15–12:45pm  
CARDIO & CORE (I or O)  
Lauren Ober                        | 12:15–12:45pm  
CARDIO & CORE (I or O)  
Lauren Ober                        | 12:15–12:45pm  
CARDIO & CORE (I or O)  
Lauren Ober                        | 12:15–12:45pm  
CARDIO & CORE (I or O)  
Lauren Ober                        |
|              | 2:00–2:45pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 2:00–2:45pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 2:00–2:45pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 2:00–2:45pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 2:00–2:45pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 2:00–2:45pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 |
|              | 4:15–5:00pm  
CYCLING (I)  
Sarah Plummer                      | 4:15–5:00pm  
CYCLING (I)  
Sarah Plummer                      | 4:15–5:00pm  
CYCLING (I)  
Sarah Plummer                      | 4:15–5:00pm  
CYCLING (I)  
Sarah Plummer                      | 4:15–5:00pm  
CYCLING (I)  
Sarah Plummer                      | 4:15–5:00pm  
CYCLING (I)  
Sarah Plummer                      |
|              | 4:30–5:30pm  
ZUMBA (Z)  
Sarah Brewer                        | 6:00–7:00pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 6:00–7:00pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 6:00–7:00pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 6:00–7:00pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 6:00–7:00pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 |
| **LATE MORNING** | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      |
| **AFTERNOON** | 4:30–5:30pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 6:00–7:00pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 6:00–7:00pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 6:00–7:00pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 6:00–7:00pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 | 6:00–7:00pm  
TAI CHI (I)  
Robin Maginn  
*starts in Fall II                 |
| **EVENING** | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      | 6:30–7:30pm  
TOTAL BODY CHALLENGE  
Hannah Meneses                      |

**ZOOM CLASSES**
M, W, F Fit for Life will be broadcast via Zoom: Go to this link https://us04web.zoom.us/j/809551763 and posted on Facebook Group Exercise Page at 7:30am (not live)  
Tuesday Zumba at 4:30pm Meeting ID:568 528 5325

**FACEBOOK LIVE CLASSES**
Group Page: CLC YMCA GROUP EXERCISE (https://www.facebook.com/groups/1380162472295168/)