

CLC YMCA GROUP EXERCISE SCHEDULE

SUMMER: June 14th - August 29th

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING		6:00-6:45am KETTLEBELLS Gymnasium Mary	6:30-7:30am GENTLE YOGA Fitness Studio Courtney Belolan	6:00-6:45am KETTLEBELLS Gymnasium Mary	6:30-7:30am YIN YOGA Fitness Studio Courtney Belolan	6:00-6:45am KETTLEBELLS Gymnasium Mary	
		7:00-7:45am CYCLING Cycling Studio Sarah Plummer		7:00-7:45am CYCLING Cycling Studio Sarah Plummer			
		7:00-7:45am MORNING FLOW Fitness Studio Maria Hanley		7:45-8:45am YOGA (Z) Steph Winchenbach		7:00-7:45am MORNING FLOW Fitness Studio Maria Hanley	
		8:00-8:45am LIVING FIT Robin Maginn Gymnasium	8:00-9:00am PILATES (I/FL) Cynthia Fitness Studio	8:00-8:45am LIVING FIT Robin Maginn Gymnasium	8:00-9:00am PILATES (I/FL) Cynthia Fitness Studio	8:00-8:45am LIVING FIT Robin Maginn Gymnasium	
LATE MORNING		9:00-10:00am STRENGTH & CARDIO (I) Sarah Neumann Fitness Studio	9:15-10:15am CYCLING Cynthia Cycling Studio	9:00-10:00am STRENGTH & CARDIO (I) Sarah Neumann Fitness Studio	9:15-10:15am CYCLING Cynthia Cycling Studio		9:00-10:00am TRX Becky Drum Cycling Studio
	9:15-10:15am BOOTCAMP (O) Hannah Meneses	9:00-10:00am TRAIL FIT Becky Drum Meet on Y Patio	9:30-10:30am LOW IMPACT STRENGTH Cayce Begin Fitness Studio				
		10:30-11:30am ENHANCE FITNESS \$ Robin Maginn Gymnasium	10:30-11:30am STRENGTH TRAINING Cynthia Fort Fitness Studio	10:30-11:30am ENHANCE FITNESS \$ Robin Maginn Gymnasium	10:30-11:30am STRENGTH TRAINING Cynthia Fort Fitness Studio	10:30-11:30am ENHANCE FITNESS \$ Robin Maginn Gymnasium	
LUNCH			12:00-12:45pm BOXING FOR PARKINSON'S \$ Sarah Neumann	12:00-12:45pm BOXING FOR PARKINSON'S \$ Sarah Neumann			
AFTERNOON		1:00-1:45pm TAI CHI \$ Robin Maginn Fitness Studio (new session starts in July)		1:00-1:45pm TAI CHI \$ Robin Maginn Fitness Studio (new session starts in July)			
EVENING				4:30-5:30pm PIYo (O) Tanya Albert			Location Key: Indoor Outdoor Zoom Facebook Live
		5:30-6:30pm BOOTCAMP Peter Lombardo Functional Fitness Area		5:30-6:30pm BOOTCAMP Peter Lombardo Functional Fitness Area			
		6:30-7:30pm TURN UP DANCE FITNESS Erica Genthner Fitness Studio	5:45-6:45pm TOTAL BODY CHALLENGE Hannah Meneses		6:00-7:30pm Karate (I) \$ Nancy Ault Fitness Studio		

Classes with \$ are programs with an additional fee.

Zoom CLASSES

All Zoom class Links will be posted on clcymca.org and Facebook Group Exercise Page. CLC YMCA Membership is required to access Zoom classes.

FACEBOOK LIVE CLASSES

Group Page: CLC YMCA GROUP EXERCISE (<https://www.facebook.com/groups/1380162472295168/>)