








# Y Group Fitness Schedule

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|--|---|---|---|--|--|
| <b>Low Impact Aerobics:</b><br>8:30-9:30AM<br>Ginny  | <br>6:00-7:00AM<br>Vanessa | <b>Low Impact Aerobics:</b><br>8:30-9:30AM<br>Ginny   | <br>6:00-7:00AM<br>Vanessa | <b>Low Impact Aerobics:</b><br>8:30-9:30AM<br>Ginny  | <br>9:00-10:00AM<br>Shellie |
| <b>Silver Sneakers Muscular Strength &amp; Movement:</b><br>10:00-11:00AM<br>Carol                                 |   | <b>Silver Sneakers Muscular Strength &amp; Movement:</b><br>10:00-11:00AM<br>Carol                            |   | <b>Silver Sneakers Combination Class:</b><br>10:00-11:00AM<br>Carol  |  |
| Silver Sneakers Cardio Circuit:<br>11:00AM-12:00PM<br>Carol  |   | <b>Silver Sneakers Cardio Circuit:</b><br>11:00AM-12:00PM<br>Carol  |   | <b>Silver Sneakers Yoga Stretch:</b><br>11:00AM-12:00PM<br>Carol   |  |
| <br><b>4:15-5:15PM</b><br>Lauren |   | <b>Yoga</b><br>4:30-5:30PM<br>Becky   |   | <br><b>4:15-5:15PM</b><br>Lauren |  |
| <b>Boot Camp:</b><br>5:30-6:30PM<br>Shellie  | <b>Step Aerobics:</b><br>5:30-6:30PM<br>Shellie   | <br>5:45-6:45PM<br>Vanessa | <b>Step Aerobics:</b><br>5:30-6:30PM<br>Shellie   | <b>Ballroom Dancing:</b><br>Advanced-5:30-6:30PM<br>Beginner- 6:30-7:30PM<br>Carol                                   |  |
| <br>6:45-7:45PM<br>Shellie      | <b>Body Sculpting:</b><br>6:30-7:45PM<br>Shellie  |   | <b>Body Sculpting:</b><br>6:30-7:45PM<br>Shellie  |  |  |