



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Wyoming County YMCA

Start Date 5/1/2012

* Paid Class *

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Interval/Sculpt 8:30-9:30 am John Gillen Room	Cycling 6:15-7:00 am Mary Functional Fitness	Interval/Sculpt 8:30-9:30 am Tami Gillen Room	Yoga 8:00-9:00 am Pam Gillen Room	Sculpting 8:30-9:30 am Tami/Lisa Gillen Room	
Abs 9:30-9:45 am John Gillen Room	SilverSneakers 9:00-10:00 am Kay Gillen Room	Abs 9:30-9:45 am Tami Gillen Room	SilverSneakers 9:10-10:00 am Tami Gillen Room	Abs 9:30-9:45 am Tami/Lisa Gillen Room	Cardio Toning 8:30-9:45 am Andrea Gillen Room
Ageless Fitness 9:00-9:45 am Nikki Functional Fitness	Zumba 10:15-11:00 am Kathy Gillen Room	Ageless Fitness 9:00-9:45 am Nikki Functional Fitness		Yoga Stretch 10:00-10:45 am Tami Gillen Room	
Zumba 10:15-11:00 am Tami Gillen Room		Cycling 10:15-10:45 am Tami Functional Fitness			
Suspension Train 12:30-1:15 pm Tami Functional Fitness Room Gillen Room					
Cardio Toning 4:45-5:45 pm Andrea Gillen Room	Cycling 5:30-6:15 pm Andrea Functional Fitness	Step 5:15-5:45pm Andrea Gillen Room	Zumba 6:00-6:45 pm Tami Gillen Room		
Cycling 5:15-6:00 Mary Functional Fitness	Zumba 6:00-6:45 pm Tami Gillen Room	Total Tone 6:00-7:00 pm Andrea Gillen Room	Pilates 7:00-8:00 pm Amanda Gillen Room		
Yoga 6:00-7:00 pm Pam Gillen Room	Zumba 7:00-7:45 pm Tami Gillen Room				