



Adamstown YMCA

Group Fitness Schedule

Updated 09/28/2018

Day	Class	Time	Instructor	Location
Monday	Yoga	5:20pm-6:00pm	Jesi	Karate Room
	POUND	6:15-7pm	Lisa	Gym
Tuesday	Zumba	9:15am-10:15am	Jenn	Gym
	Silver Sneakers Classic	10:30am-11:15am	Sandy	Gym This class is a low-impact
	Cardio 2 Core	5:45pm-6:30pm	Sandy	Gym
	Low Impact	7:00pm-8:00pm	Connie	Karate Room
Wednesday	Total Body	9:00am-9:45am		Gym
	Yoga	5:20pm-6:00pm	Jesi	Karate Room
Thursday	Silver Sneakers Classic	10:30am-11:15am	Sandy	Gym This class is a low-impact
	Zumba	6:00pm-7:00pm	Brandi	Gym
	Low Impact	7:00pm-8:00pm	Connie	Gym

