

GROUP FITNESS SCHEDULE WINTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER RIDE 5:45AM-6:30AM Spin Room MEL	BODYPUMP EXPRESS 5:45AM-6:30AM Group Fitness RENEE	POWER RIDE 5:45AM – 6:30AM Spin Studio KRISTI	BODYPUMP EXPRESS 5:45AM-6:30AM Group Fitness KRISTI	POWER RIDE 5:45AM – 6:30AM Spin Studio MEL	SPIN 8:30AM – 9:30AM Spin Studio JANET	STRONG 9:00AM-10:00AM Group Fitness AMANDA
CORE & MORE YOGA 9:30AM-10:30AM Upper Studio RENEE	CORE & MORE 7:30AM-8:30AM Group Fitness KATHY	ZUMBA 9:00AM-10:00AM Upper Studio AMANDA	RAISING THE BAR 7:30AM – 8:30AM Group Fitness KATHY	SILVER SNEAKERS CARDIO FIT 8:30AM – 9:15AM Youth Gym KATHY	ACTIVE YOGA 9:30AM-10:30AM Upper Studio JENNIFER	EXPRESS SPIN 9:15AM-9:45AM Spin Studio RENEE
STEP INTERVALS 9:30AM-10:30AM Group Fitness JANET	SILVER SNEAKERS I 8:30AM – 9:15AM Youth Gym KATHY	STEP & BALL 9:00AM-9:50AM Group Fitness JANET	SILVER SNEAKERS 1 8:30AM – 9:15AM Youth Gym KATHY	STEP INTERVALS 9:00AM – 9:50AM Group Fitness JANET	BODYPUMP 9:30AM – 10:30AM Group Fitness VARIOUS	BODYPUMP 10:10AM-11:10 AM Group Fitness RENEE
BOOM MOVE/BOOM MIND 9:30AM-10:30AM Youth Gym KATHY	ZUMBA 9:30AM-10:30AM Upper Studio AMANDA	SPIN INTERVALS 10:00AM-11:00AM Spin Studio JANET	STRONG 8:45AM-9:30AM Group Fitness AMANDA	ZUMBA 9:00AM-10:00AM Upper Studio COLLEEN		
ARMS/ABS STRETCH 10:30AM-11:00AM Group Fitness JANET	BODYPUMP 9:00AM – 10:00AM Group Fitness LISA	YOGA STRETCH 10:15AM-11:15AM Upper Studio RENEE	BODYPUMP 9:30AM-10:30AM Group Fitness LISA	SPIN INTERVALS 10:00AM-11:00AM Spin Studio JANET		
SILVER SNEAKERS CARDIO CIRCUIT 10:30AM – 11:15AM Cardio Circuit Youth Gym KATHY	DRUMS ALIVE 10:10AM-10:55AM Group Fitness RUTHIE	BOOM MUSCLE 9:30AM-10:00AM Youth Gym KATHY	ZUMBA GOLD 9:45AM-10:30AM Upper Studio AMANDA	SILVER SNEAKERS YOGA STRETCH 9:30AM – 10:15AM Youth Gym KATHY		
SILVER SNEAKERS YOGA STRETCH 11:30AM – 12:15PM Youth Gym KATHY	SILVER SNEAKERS 1 11:00AM – 11:45AM Youth Gym KATHY	SILVER SNEAKERS STABILITY 10:00AM-10:30AM Youth Gym KATHY	CARDIO FIT 10:00AM-11:00AM Youth Gym KATHY			
		FUNCTIONAL FITNESS 10:30AM-11:30AM Youth Gym KATHY	SILVER SNEAKERS 1 11:00AM-11:45AM Youth Gym KATHY			
	CORE AND MORE 5:30PM – 6:30PM Group Fitness KRISTI	SILVER SNEAKERS YOGA STRETCH 11:30AM-12:15PM Youth Gym KATHY		ZUMBA 6:00PM-7:00PM Group Fitness JOI		
POWER RIDE 5:30PM – 6:15PM Spin Studio VARIOUS	ZUMBA 5:30PM-6:30PM Upper Studio KIM	BODYPUMP EXPRESS 5:30PM-6:15PM Group Fitness STEPH	15 MIN ABS 5:45PM-6:00PM Group Fitness RENEE *try this little extra Spin or Zumba!	<p><u>SINKING SPRING YMCA SUMMER GROUP FITNESS SCHEDULE</u></p> <p><u>CLASSES AND INSTRUCTORS SUBJECT TO CHANGE. CLASSES MAY BE CANCELED OR TIMES MAY BE CHANGED DUE TO LOW ATTENDANCE. PLEASE REFER TO THE SCHEDULE REGULARLY***</u></p> <p>NO REGISTRATION NEEDED FOR MEMBERS!</p> <p>UNLIMITED CLASSES INCLUDED WITH YOUR MEMBERSHIP!</p> <p>CLASS DESCRIPTIONS ON THE BACK OF THIS SCHEDULE.</p> <p>PLEASE REFER TO WEBSITE/FRONT DESK/SOCIAL MEDIA for weather delay policy.</p>		
BODYCOMBAT EXPRESS 5:00PM-5:50PM Group Fitness TERESA	YOGA STRETCH 6:30PM-7:30PM Upper Studio JENNIFER	BODYCOMBAT EXPRESS 6:15PM-7:00PM Group Fitness STEPH	EXPRESS SPIN 6:00PM-6:30PM Spin Studio RENEE			
BODYPUMP 6:15PM – 7:15PM Group Fitness RUTHIE	STRONG 6:30PM-7:30PM Group Fitness AMANDA	ZUMBA 7:00PM-8:00PM Group Fitness LORI	ZUMBA 6:15PM-7:15PM Group Fitness ANGELA/JOI			
ZUMBA 7:15PM – 8:15PM Group Fitness						

QUESTIONS, COMMENTS, SUGGESTIONS?
CONTACT LISA OSTERGAARD
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