



READING YMCA GROUP FITNESS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	FLOATFIT W/ STEPHANIE POOL					
9:00 AM	YOGAFLOW W/ STEPHANIE POOL		AQUACIZE W/ KATHY POOL		AQUACIZE W/ KATHY POOL	AQUACIZE W/ KATHY POOL
12:15 PM		KETTLEBELL W/ RICH SMALL GYM	RIDAM W/ RAMON SMALL GYM	STEP W/ GAIL SMALL GYM	BODYSCLPT W/ KATHY SMALL GYM	LUNCH CRUNCH W/ BILL SMALL GYM
12:15 PM			YOGA W/ GAIL MULTIPURPOSE ROOM	FLOATFIT W/ MACKENZIE POOL	YOGA W/ MERIDITH MULTIPURPOSE ROOM	ZUMBA W/ RAMON BIG GYM
5:30 PM			STEP W/ JIM SMALL GYM		STEP W/ JIM SMALL GYM	