

## August 31, 2020-October 3, 2020

Morning Classes	Monday	Tuesday	Wednesday	Thursday
9:00AM-10:00AM		Y-FIT-XT		Y-FIT-XT
Evening Classes	Monday	Tuesday	Wednesday	Thursday
5:15PM-6:15PM	Y-FIT-XT	Total Performance	Y-FIT-XT	Total Performance
	Sanitize	Sanitize	Sanitize	Sanitize
6:30PM-7:30PM	Jump Start	Elite Sports Performance	Jump Start	Elite Sports Performance
Friday				
4:00PM-5:00PM	Jump Start			
Saturday				
8:30AM-9:30AM	Y-FIT-XT			
	Sanitize			
9:45AM-10:45AM	Total Performance			
	Sanitize			
11:00AM-12:00PM	Elite Sports Performance			

Located at the Sinking Spring Family YMCA  
4920 Penn Ave, Sinking Spring PA 19608



Elite Sports Performance: Ages 14-22

Total Performance: Ages 12-15

Jump Start: Ages 7-12

Y-Fit Cross Training: Ages 18+ (Adults)

Contact Josh for more details: 610-678-0484 ; [JBushkie@ymca-berkscounty.org](mailto:JBushkie@ymca-berkscounty.org)