


SUNBURY YMCA GROUP EXERCISE / CYCLING / SILVERSNEAKERS SCHEDULE

May 26 - May 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am		Circuit Christine - 45 mins		Stretch & Core Christine - 45 mins		
7:45am	The Susquehanna Valley YMCAs will be closed in observance of Memorial Day					
8:00am		RPM™ Barry - 45 mins		Cycling Chris - 45 mins	Stretch, Core & SPRINT™ Jeanne - 60 mins	
8:15am						
9:00am		STRONG45 Andy - 45 mins	ZUMBA® Angella - 60 mins	BodyPump™ Andy - 60 mins	Les Mills™ Mix Sheila H - 60 mins	
9:00am			RPM™ Barry - 45 mins			
10:00am						
10:00am			SilverSneakers® Classic Rachel's Gym Set Up - 10:00am Class Begins - 10:10am Gayle - 45 mins		SilverSneakers® Classic Rachel's Gym Set Up - 10:00am Class Begins - 10:10am Angella - 45 mins	
10:15am		Ballet Barre Andy - 45 mins		Shimmy & Shake Dance Fitness Andy - 45 mins		
11:00am						
4:15pm	The Susquehanna Valley YMCAs will be closed in observance of Memorial Day					
4:30pm		BodyPump™ Stacy - 60 mins				
5:30pm		BodyCombat™ Stacy - 60 mins	BodyStep™ Colby - 60 mins	TurboKick® Mel B - 60 mins		
5:30pm		Cycling Sheila P - 45 mins		Cycling Sheila P - 45 mins		