

SUNBURY YMCA GROUP EXERCISE / CYCLING / SILVERSNEAKERS SCHEDULE

June 16 - June 21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am		Circuit Christine - 45 mins		Stretch & Core Christine - 45 mins		
7:45am	BodyPump™ Sheila H - 45 mins					
8:00am		RPM™ Barry - 45 mins		Cycling Chris - 45 mins	Cycling Chris - 45 mins	
8:15am						
9:00am	ZUMBA® Angella - 60 mins	STRONG45® Andy - 45 mins	ZUMBA® Angella - 60 mins	BodyPump™ Andy - 60 mins	BodyAttack™ & Les Mill Core™ Sheila H - 60 mins	
9:00am	RPM™ Barry - 45 mins		RPM™ Barry - 45 mins			
10:00am		Ballet Barre Andy - 45 mins				
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 Gayle - 45 mins		SilverSneakers® Classic Rachel's Gym Set Up - 10:00am Class Begins - 10:10am Angella - 45 mins	
10:15am				Shimmy & Shake Dance Fitness Andy - 45 mins		
11:00am	Chair Yoga Set Up - 11:00am Class Begins - 11:10am Gayle - 45 mins					
4:15pm						
4:30pm	P90X Live Mel B - 45 mins	BodyPump™ Stacy - 60 mins				
5:30pm	ZUMBA® Alison - 60 mins	BodyCombat™ Stacy - 60 mins	PiYo® Mel B - 60 mins	BodyStep™ Colby - 60 mins		
5:30pm	SPRINT™ Jeanne - 30 mins	Cycling Sheila P - 45 mins		RPM™ Amy T - 45 mins		