

SUNBURY YMCA GROUP EXERCISE / CYCLING / SILVERSNEAKERS SCHEDULE

September 14 - September 19

	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					Stretch & SPRINT™ Jeanne - 60 mins	
8:30am						Endurance Ride will return!
9:00am	ZUMBA® Angella- 60 mins	STRONG® Andy - 45 mins	ZUMBA® Angella- 60 mins	BodyPump™ Andy - 60 mins	Les Mills™ Mix Sheila H - 60 mins	
9:00am						
9:00am	SilverSneakers® Well Balanced will return later this week!		SilverSneakers® Well Balanced will return later this week!		SilverSneakers® Well Balanced will return later this week!	
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	
10:00am		Sunday Ride will return next week!				
10:15am			Yoga will return next week!			
11:30am	SilverSneakers® Chair Yoga will return next week!					
4:15pm						
4:30pm	BodyPump™ Andy - 45 mins	P90X Live Mel B - 45 mins				
4:45PM						
5:30pm	ZUMBA® Alison - 60 mins	Les Mills Tone™ Colby - 60 mins	Les Mills™ Mix Sheila H - 60 mins	STRONG® Andy - 45 mins		
5:30pm	SPRINT™ Jeanne - 30 mins	Cycling Sheila P - 45 mins				