



John McClure Snook Family YMCA Group Exercise Schedules

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10	Tone to Stone Connie	Interval Leah	Tone to Stone Beth	Interval Leah	Tone to Stone Beth	GRAB BAG
8:00		SILVER SNEAKERS MSROM June		SILVER SNEAKERS MSROM June		All Saturday Classes @ 9:00am
8:30	Low Step Vicki	Trekking Beth	Zumba Gold Navy	Trekking Beth	Pilates Jody	1/7 Spin Connie
	Endurance Debbie	Yoga Pat	Interval Pam	Yoga Pat	Strength Connie	1/14 Zumba Navy
9:00	Combo Anna	SILVER SNEAKERS Yoga June	Combo Anna	SILVER SNEAKERS Yoga June	Deep Water Beate	1/21 Jump & Pump Ashley
	SILVER SNEAKERS Yoga June		SILVER SNEAKERS Yoga June			1/28 Kickbox Renee
9:30	10 minute AB Workout Brandice		10 minute AB Workout Brandice		Tone to Stone Connie	
9:40	Tone to Stone Brandice	Yoga Margit	Tone to Stone Brandice	Yoga Margit		
10:00	Aqua Power Hour Regina	SILVER SNEAKERS Cardio Interval June	Aqua Power Hour Regina	SILVER SNEAKERS Cardio Interval June	Aqua Power Hour Beate	
	SILVER SNEAKERS Walking Fitness June		SILVER SNEAKERS Walking Fitness June			
11:00	Arthritis Adventure Regina		Arthritis Adventure Regina		Arthritis Adventure Beate	
12:00	Senior Splash Anna		Senior Splash Anna		Senior Splash Beate	
4:30	Jump & Pump Ashley	Yoga Pat	Jump & Pump Ashley	Yoga Pat		Fitness Floor
5:30	Zumba Navy	Advanced Burn Renee	Kick "N" It Up a Notch Renee	Zumba Navy		Marjorie Snook Ctr
	Interval/ Strength Connie	Interval/ Strength Navy	Interval/ Strength Connie	Interval Pam		Aerobics Studio
6:15		Progressive Pilates Pat		Progressive Pilates Pat		Spinning Room
6:30	Yoga Pat		Yoga Loralea			Pool