

# 2021

## Group Exercise

# April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00-7:00 AM</b> CROSS TRAINING (TONING)	<b>6:00-7:00 AM</b> CROSS TRAINING	<b>6:00-7:00 AM</b> CROSS TRAINING	<b>6:00-7:00 AM</b> CROSS TRAINING (CARDIO)		
	<b>7:30-8:30 AM</b> ABS&CORE (BALCONY)		<b>7:30-8:30 AM</b> ABS&CORE (BALCONY)		
	<b>8:15-9:00 AM</b> YOGA BALL		<b>8:15-9:00 AM</b> YOGA BALL		
<b>9:15-10:15 AM</b> EASY DOES IT	<b>9:00-10:00 AM</b> SENIOR STRENGTH	<b>9:15-10:15 AM</b> EASY DOES IT	<b>9:00-10:00 AM</b> SENIOR STRENGTH	<b>9:15-10:15 AM</b> EASY DOES IT	<b>9:30-10:30 AM</b> GROUP CYCLE
	<b>10:00-11:00 AM</b> CLASSIC YOGA		<b>10:00-11:00 AM</b> CLASSIC YOGA		
<b>12:00-1:00 PM</b> CROSS TRAINING	<b>11:00-12:00 PM</b> CHAIR YOGA	<b>12:00-1:00 PM</b> CROSS TRAINING	<b>11:00-12:00 PM</b> SILVER SNEAKER CHAIR CLASS (STRENGTH)		
	<b>6:00-7:00 PM</b> TABATA	<b>4:45-5:45 PM</b> GROUP CYCLE	<b>6:00-7:00 PM</b> PILOXING		
			<b>6:00-6:30 PM</b> BEGINNERS LINE DANCING (ELKS LODGE UPTOWN) <b>6:30-8:30 PM</b> LINE DANCING		

THE Y WILL BE CLOSED ON SUNDAY APRIL 4TH FOR EASTER

\* MON / WED 4:00 -5:00PM AND SAT 8:00-9:00 AM ZOOM YOGA WITH JACKIE. CALL YMCA 15 MIN PRIOR TO GET LINK SENT TO YOU.