

2021

Group Exercise



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 AM CROSS TRAINING (TONING)	6:00-7:00 AM CROSS TRAINING	6:00-7:00 AM CROSS TRAINING	6:00-7:00 AM CROSS TRAINING (CARDIO)		
8:15-9:15 AM YOGA @ FATHER SHEEHAN PARK	7:30-8:30 AM ABS&CORE (BALCONY)	8:15-9:15 AM YOGA @ FATHER SHEEHAN	7:30-8:30 AM ABS&CORE (BALCONY)		
	8:15-9:00 AM YOGA BALL	8:15-9:15 AM CIRCUIT POP UP TRAINING W/ LAURIE <i>July 21st-Aug 18th</i>	8:15-9:00 AM YOGA BALL	8:15-9:15 AM CIRCUIT POP UP TRAINING W/ AMBERLEIGH <i>June 25th-July 16th</i>	
9:15-10:15 AM EASY DOES IT	9:00-10:00 AM SENIOR STRENGTH	9:15-10:15 AM EASY DOES IT	9:00-10:00 AM SENIOR STRENGTH	9:15-10:15 AM EASY DOES IT	
	10:00-11:00 AM CLASSIC YOGA		10:00-11:00 AM CLASSIC YOGA		
12:00-1:00 PM CROSS TRAINING	11:00-12:00 PM CHAIR YOGA	12:00-1:00 PM CROSS TRAINING	11:00-12:00 PM SILVER SNEAKER CHAIR CLASS (STRENGTH)	12:00-1:00 PM CIRCUIT POP UP TRAINING W/ AMBERLEIGH <i>July 23rd-Aug 20th</i>	
	6:00-7:00 PM TABATA		6:00-7:00 PM PILOXING		
		5:30-6:30 PM CIRCUIT POP UP TRAINING W/ LAURIE <i>June 23rd-July 14th</i>	6:00-6:30 PM BEGINNERS LINE DANCING (ELKS LODGE UPTOWN) 6:30-8:30 PM LINE DANCING (ELKS LODGE UPTOWN)		

THE Y WILL BE CLOSED ON SUNDAY, JULY 4TH