



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SS Classic

9:00-9:45 AM
Sherry

SS Classic

9:00-9:45 AM
Cathy

SS Classic

9:00-9:45 AM
Sherry

SS Classic

9:00-9:45 AM
Cathy

SS Classic

9:00-9:45 AM
Cathy

Zumba

9:15 - 10:00 AM
Melanie

Zumba

6:15 - 7:00 PM
Melanie

Yoga

6:00 - 7:00 PM
Bob

Zumba

6:15 - 7:00 PM
Melanie

Yoga

6:00 - 7:00 PM
Heather

BLT

7:00 - 7:45 PM
Sherry

BLT

7:00 - 7:45 PM
Sherry

All classes,
with the
exception of
yoga, are held
in the
gymnasium



CLASS DESCRIPTIONS - Group exercise classes are for all levels of fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.

BLT - Our BLT workout focuses on exercise for the back, legs and tummy. BLT is structured to strengthen and tone the entire core and lower body.

Silver Sneaker Classic- This workout includes fall prevention drills and exercises to improve strength and endurance. A chair, hand-held weights, and tubing are utilized.

Yoga – The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Zumba – Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!