



# YMCA PHASE 2 FITNESS SCHEDULE...

## FITNESS SCHEDULE:

### MONDAY

6 a.m.	Sunrise Surprise with Sue
7 a.m.	Weekday Wake Up! with Carol
8:30 a.m.	Fit Mix with Terri
9:45 a.m.	Strong Nation with Angie
11 a.m.	Rock Steady Boxing with Amy*
12:30 p.m.	Rock Steady Boxing with Amy*
1:45 p.m.	Rock Steady Boxing with Amy*
3:15 p.m.	Rock Steady Boxing with Amy*
2:15 p.m.	Senior Exercise with Shirley (Board Rm)

### TUESDAY

7 a.m.	Weekday Wake Up! with Carol
8:30 a.m.	Chi Ball with Angie
12:15 p.m.	Toning with Terri

### WEDNESDAY

6 a.m.	Sunrise Surprise with Sue
8:30 a.m.	Fit Mix with Terri
10 a.m.	PiYo with Angie
11:30 a.m.	Parkinson's Movement with Amy*
12:45 p.m.	Parkinson's Movement with Amy*
2 p.m.	Parkinson's Movement with Amy*
2:15 p.m.	Senior Exercise with Shirley (Board Rm)
3:15 p.m.	Parkinson's Movement with Amy*

### THURSDAY

7 a.m.	Weekday Wake Up! with Sue Hall
8 a.m.	STRONG by Zumba with Angie
9:30 a.m.	Booty Barre with Christine
12:15 p.m.	Toning with Terri

### FRIDAY

6 a.m.	Sunrise Surprise with Sue
8:30 a.m.	PiYo Express with Angie
9 a.m.	Zumba with Angie
11 a.m.	Rock Steady Boxing with Amy*
12:30 p.m.	Rock Steady Boxing with Amy*
1:45 p.m.	Rock Steady Boxing with Amy*
2:15 p.m.	Senior Exercise with Shirley (Board Rm)
3:15 p.m.	Rock Steady Boxing with Amy*

### SATURDAY

8:30 a.m.	Pound with Carol
9:15 a.m.	Yoga

## SPINNING SCHEDULE:

### MONDAY

6:15 a.m.	Spinning with Carol
9 a.m.	Spinning with Mary

### TUESDAY

9:30 a.m.	Express Spin with Mary
5:15 p.m.	Spinning with Christine

### WEDNESDAY

6:15 a.m.	Spinning with Carol
9 a.m.	Spinning with Mary

### THURSDAY

9 a.m.	Express Spin with Mary (30 min.)
5:15 p.m.	SPENGA with Carol

### FRIDAY

6:15 a.m.	Spinning with Carol
9 a.m.	Spinning with Mary

### SATURDAY

7:30 a.m.	Spinning with Carol
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\* Classes with Amy - \*We require all Boxers (for ROCK STEADY BOXING CLASS ONLY) to complete a one-on-one assessment with Amy prior to class participation and have a written diagnosis of Parkinson's Disease. Also please schedule Parkinson Movement Classes after speaking to Amy in order to keep class sizes appropriate for social distancing.

**Classes will be held inside with distancing.**

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