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*
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
10:10 a.m.	Booty Barre with Christine
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
11:15 a.m.	Chair Yoga with Amy
12:15 p.m.	Parkinson's Movement with Amy*
1:30 p.m.	Parkinson's Movement with Amy*
2:15 p.m.	Senior Exercise with Shirley (Board Rm)
2:45 p.m.	Parkinson's Movement with Amy*

THURSDAY

7 a.m.	Weekday Wake Up! with Sue Hall
8:30 a.m.	Strong Nation with Angie
12:15 p.m.	Toning with Terri
6:15 p.m.	Zumba with Carol

FRIDAY

6 a.m.	Sunrise Surprise with Sue
8:30 a.m.	PiYo Express with Angie
9 a.m.	Zumba with Angie
10 a.m.	Chair Yoga with Amy
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)

SATURDAY

8:30 a.m.	Pound with Carol

SPINNING SCHEDULE:

MONDAY

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

TUESDAY

6:15 a.m.	Spinning with Carol
9:30 a.m.	Express Spin with Mary
5:15 p.m.	Spinning with Christine

WEDNESDAY

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

THURSDAY

6:15 a.m.	Spinning with Carol
9:30 a.m.	Express Spin with Mary
5:15 p.m.	SPENGA with Carol

FRIDAY

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

SATURDAY

7:30 a.m.	Spinning with Carol

* 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.