



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
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*
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
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
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
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)
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.)
--------	----------------------------------

FRIDAY

6:15 a.m.	Spinning with Carol
-----------	---------------------

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.