



KEN-TON FAMILY YMCA

Fitness Schedule

March 1st- May 2nd



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Sunrise Yoga 6:30-7:25 a.m. (Nicole)	Cycling 6:15-7:00 a.m. (Mary Anne)	Sunrise Yoga 6:30-7:25 a.m. (Nicole)	Cycling 6:15-7:00 a.m. (Mary Anne)	
	Core Training 8:30-8:55 a.m. (Curtis)		Core Training 8:30-8:55 a.m. (Curtis)		Core Training 8:30-8:55 a.m. (Curtis)	Cardio Blast 8:30-9:25 a.m. (Pam/Jenn)
	Zumba® 9:00-9:55 a.m. (Anthony)	Cycling 9:00-9:55 a.m. (Curtis)	Zumba® 9:00-9:55 a.m. (Anthony)	Cycling 9:00-9:55 a.m. (Monica)	Zumba® 9:00-9:55 a.m. (Anthony)	
	Dance Aerobics 9:00-9:55 a.m. (Ginny - GYM)		Dance Aerobics 9:00-9:55 a.m. (Ginny - GYM)		Dance Aerobics 9:00-9:55 a.m. (Ginny - GYM)	Cycling 9:30-10:25 a.m. (Mary Anne)
	Healthy Core 10:00-10:55 a.m. (Edey)	Body Conditioning 10:00-10:55 a.m. (Curtis)	Healthy Core 10:00-10:55 a.m. (Curtis)	Body Conditioning 10:00-10:55 a.m. (Becca)	Healthy Core 10:00-10:55 a.m. (Edey)	
	SilverSneakers® MSR 10:15 a.m.-11:00 a.m. (Mary - GYM)	SilverSneakers® MSR 10:15 a.m.-11:00 a.m. (Mary - GYM)	SilverSneakers® MSR 10:15 a.m.-11:00 a.m. (Edey - GYM)	SilverSneakers® MSR 10:15 a.m.-11:00 a.m. (Mary - GYM)	SilverSneakers® MSR 10:15 a.m.-11:00 a.m. (Mary - GYM)	Zumba® Gold 10:30-11:25 a.m. (Anthony)
	SilverSneakers® CC 11:15 a.m.-12:00 p.m. (Edey)		SilverSneakers® CC 11:15 a.m.-12:00 p.m. (Edey)		SilverSneakers® CC 11:15 a.m.-12:00 p.m. (Edey)	
	SilverSneakers® MSR 11:15 a.m.-12:00 p.m. (Mary - GYM)		SilverSneakers® MSR 11:15 a.m.-12:00 p.m. (Curtis - GYM)		SilverSneakers® MSR 11:15 a.m.-12:00 p.m. (Curtis - GYM)	Ballet (Ages 3-4) 11:30 a.m.-1:45 p.m.
	Ballet (Ages 5-8) 4:00-5:00 p.m.		Contemporary Dance (Ages 9-11) 4:00-5:00 p.m.	Modern Dance (Ages 7-9) 4:00-5:00 p.m.	Contemporary Dance (Ages 12-14) 4:00-5:00 p.m.	
	Cycling 5:30-6:15 p.m. (Becca)	Zumba® 5:30-6:25 p.m. (Anthony)	Cycling 5:30-6:15 p.m. (Becca)	Zumba® 5:30-6:25 p.m. (Anthony)	Cycling 5:30-6:15 p.m. (Becca)	
	Power Yoga 6:15-7:15 p.m. (Linda)	Body Conditioning 6:30pm-7:25pm (Margaret)	Cardio Blast 6:15-7:00 p.m. (Pam)	Hip Hop 6:45pm-7:30pm (Kristen)		
	Cycling 7:15-8:00 p.m. (Mary Anne)					

Note: * All classes are held in the Group Exercise Studio unless otherwise indicated.

Schedule subject to change. For more information call 874-5051.