



KEN-TON FAMILY YMCA

# Fitness Schedule

August 2<sup>nd</sup> – Sept 4<sup>th</sup>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Cycling 6:15-7:00 a.m. (Mary Anne)		Cycling 6:15-7:00 a.m. (Mary Anne)	
	Dance Aerobics 7:30 a.m.-8:25 a.m. (Ginny)		Dance Aerobics 7:30a.m. - 8:25a.m. (Ginny)		Dance Aerobic 7:30a.m. - 8:25a.m. (Ginny)	
	Core Training 8:30-8:55 a.m. (Becca)	Core training 8:30-9:00am (Margaret)	Core training 8:30am-8:55am (Becca)	Core training 8:30am-8:55am (Margaret)	Core Training 8:30-8:55 a.m. (Becca)	Cardio Blast 8:30-9:25 a.m. (Pam)
	Zumba® 9:00-9:55 a.m. (Anthony) <b>No 30th</b>	Cycling 9:00-9:55 a.m. (Curtis)	Zumba® 9:00-9:55 a.m. (Anthony) <b>No 25th</b>	Cycling 9:00-9:55 a.m. (Rebecca)	Zumba® 9:00-9:55 a.m. (Anthony) <b>No 27th</b>	
	Healthy Core 10:00-10:55 a.m. (Edye)	Body Conditioning 10:00-10:55 a.m. (Curtis)	Healthy Core 10:00-10:55 a.m. (Becca)	Body Conditioning 10:00-10:55 a.m. (Becca)	Healthy Core 10:00-10:55 a.m. (Edye)	Cycling 9:30-10:25 a.m. (Mary Anne)
	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. (Edye - 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)	
	SilverSneakers® CC 11:15 a.m.-12:00 p.m. (Edye)		SilverSneakers® CC 11:15 a.m.-12:00 p.m. (Edye)		SilverSneakers® CC 11:15 a.m.-12:00 p.m. (Edye)	Zumba® Gold 10:30-11:25 a.m. (Anthony) <b>No 28th</b>
	Cycling 5:30-6:15 p.m. (Jenn)	Zumba® 5:30-6:25 p.m. (Anthony)	Cycling 5:30-6:15 p.m. (Jenn)	Zumba® 5:30-6:25 p.m. (Anthony) <b>No 26th</b>	Cycling 5:30-6:15 p.m. (Margaret)	Ballet (Ages 3- 4) 11:30am-1:45pm
	Power Yoga 6:15-7:15 p.m. (Linda)	Body Conditioning 6:30pm-7:25pm (Margaret)	Cardio Blast 6:15-7:00 p.m. (Jenn)			
	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.