

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2 5:30a-6:15a Cycle-Cindi 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water-Suzette 9a-10a Hi/Lo-Pam S 9:15a-10:10a Basic Water-Suzette 10a-11a Yoga- Debbie 1:30p-2:30p SilverSneakers®MSROM-Linda 5:30p-6:30p Cycle-Connie 5:30p-6:30p Zumba-Lindsay 5:30p-7p Stretch & Strengthen Yoga-Cindi* 6:30p-7:30p Cardio Circuit-Jessie 7p-8p- Basic Water-Julianne	3 5:30a-6:15a *New Class* Cycle-Jennipher 8:15a-9:10a Deep Water-Kathleen 9a-9:30a Sculpt Express-Lori 9:15a-10a Stretch & Tone Water-James 9:30a-10:30a Cycle-Lori 4:30p-5:30p Cycle-Jessie 5:30p-6:25p Cardio Circuit-Lori 5:30p-6:25p Techno Tuesday Cycle-Paul 6:30p-7:30p Drop It, Rip It-Paul	4 5:30a-6:15a Cycle-Lori 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water-Kathleen 9a-9:25a Circuit Breaker-Suzette 9:15a-10:10a Basic Water- Pam S 9:30a-10a Pilates-Suzette 10:30a-11:30a- SilverSneakers® Cardio Circuit-Debbie 5:30p-7p Core Fusion Yoga-Caroline* 5:30p-6:30p Cycle- Paul 6:30p-7:30p Zumba-Jennipher	5 5:30a-6:15a *New Class* Cycle-Jennipher 8:15a-9:10a Deep Water-Suzette 9:15a-10a Stretch & Tone Water- James 9:30a-10:25a Cycle- Lori 10a-10:30a Cardio Express- Pam S 10:30a-11a Sculpt Express- Pam S 4:30p-5:30p Cycle-Jessie 5:30p-6:30p Cardio Kickbox -Sherry 5:30p-6:30p Cycle Circuit- Paul 6:30p-7:00p BLT- Paul 7:00p-7:30p Power Abs- Paul 7p-8p- Basic Water-Jermaine	6 5:30a-6:15a Cycle-Jennipher 6a-6:45a Step/Sculpt-Kimberly 8:15a-9:10a Deep Water-Suzette 9a-9:30a Cardio Express-Debbie 9:15a-10:10a Basic Water-Suzette 9:30a-10a Sculpt/Yoga Fusion-Debbie 10a-10:30 Yoga Stretch-Debbie 10:30a-11:30a Silver Sneakers® MSROM-Debbie	7 8:30a-9:25a Cycle-Paul 9a-10a Cardio Kickbox-Pam B 9a-10a Zumba-Juli 10a-11:30a Yoga-John 10a-11a Basic Water- Jermaine	
9 5:30a-6:15a Cycle-Sherry 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water-Kyrin 9a-10a Hi/Lo- Debbie 9:15a-10:10a Basic Water-Kyrin 10a-11a Yoga- Debbie 1:30p-2:30p SilverSneakers®MSROM-Linda 5:30p-6:30p Cycle-Sherry 5:30p-6:30p Zumba-Lindsay 5:30p-7p Stretch & Strengthen Yoga-John* 6:30p-7:30p Cardio Circuit-Pam B 7p-8p- Basic Water-Julianne	10 5:30a-6:15a *New Class* Cycle-Jennipher 8:15a-9:10a Deep Water-Kathleen 9a-9:30a Sculpt Express-Lori 9:15a-10a Stretch & Tone Water-James 9:30a-10:30a Cycle-Pam B 4:30p-5:30p Cycle-Jessie 5:30p-6:25p Cardio Kickbox-Sherry 5:30p-6:25p Techno Tuesday Cycle-Paul 6:30p-7:30p Drop It, Rip It-Paul	11 5:30a-6:15a Cycle-Cindi 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water-Kathleen 9a-9:25a Circuit Breaker-Debbie 9:15a-10:10a Basic Water- Pam S 9:30a-10a Pilates-Debbie 10:30a-11:30a- SilverSneakers® Cardio Circuit-Debbie 5:30p-7p Core Fusion Yoga-Cindi* 5:30p-6:30p Cycle- Paul 6:30p-7:30p Zumba-Jennipher	12 5:30a-6:15a *New Class* Cycle-Jennipher 8:15a-9:10a Deep Water- Kyrin 9:15a-10a Stretch & Tone Water- James 9:30a-10:25a Cycle- Lori 10a-10:30a Cardio Express- Pam S 10:30a-11a Sculpt Express- Pam S 4:30p-5:30p Cycle-Jessie 5:30p-6:30p Cardio Kickbox -Pam B 5:30p-6:30p Cycle Circuit- Paul 6:30p-7:00p BLT- Paul 7:00p-7:30p Power Abs- Paul 7p-8p- Basic Water-Jermaine	13 5:30a-6:15a Cycle-Cindi 6a-6:45a Step/Sculpt-Kimberly 8:15a-9:10a Deep Water-Kyrin 9a-9:30a Cardio Express-Debbie 9:15a-10:10a Basic Water-Kyrin 9:30a-10a Sculpt/Yoga Fusion-Debbie 10a-10:30 Yoga Stretch-Debbie 10:30a-11:30a Silver Sneakers® MSROM-Debbie	14 8:30a-9:25a Cycle -Jennipher 9a-10a Cardio Kickbox-Sherry 9a-10a Zumba-Juli 10a-11:30a Yoga-Caroline 10a-11a Basic Water- Jermaine	
16 5:30a-6:15a Cycle-Cindi 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water- Suzette 9a-10a Hi/Lo- Kyrin 9:15a-10:10a Basic Water- Suzette 10a-11a Yoga- Debbie 1:30p-2:30p SilverSneakers®MSROM- Linda 5:30p-6:30p Cycle-Sherry 5:30p-6:30p Zumba-Lindsay 5:30p-7p Stretch & Strengthen Yoga-Cindi* 6:30p-7:30p Cardio Circuit-Jessie 7p-8p- Basic Water-Julianne	17 5:30a-6:15a*New Class* Cycle-Jennipher 8:15a-9:10a Deep Water-Kathleen 9a-9:30a Sculpt Express-Lori 9:15a-10a Stretch & Tone Water-James 9:30a-10:30a Cycle-Pam B 4:30p-5:30p Cycle-Sherry 5:30p-6:25p Cardio Kickbox-Sherry 5:30p-6:25p Techno Tuesday Cycle-Paul 6:30p-7:30p Drop It, Rip It-Paul	18 5:30a-6:15a Cycle-Cindi 6a-6:45a Step/Sculpt-Kimberly 8:15a-9:10a Deep Water- Kathleen 9a-9:25a Circuit Breaker-Suzette 9:15a-10:10a Basic Water-Pam S 9:30a-10a Pilates-Suzette 10:30a-11:30a- SilverSneakers® Cardio Circuit-Debbie 5:30p-7p Core Fusion Yoga-Cindi* 5:30p-6:30p Cycle- Paul 6:30p-7:30p Zumba-Jennipher	19 5:30a-6:15a *New Class* Cycle-Jennipher 8:15a-9:10a Deep Water- Kyrin 9:15a-10a Stretch & Tone Water- James 9:30a-10:25a Cycle- Lori 10a-10:30a Cardio Express- Pam S 10:30a-11a Sculpt Express- Pam S 4:30p-5:30p Cycle-Jessie 5:30p-6:30p Cardio Kickbox -Pam B 5:30p-6:30p Cycle Circuit- Paul 6:30p-7:00p BLT- Paul 7:00p-7:30p Power Abs- Paul 7p-8p- Basic Water-Jermaine	20 5:30a-6:15a Cycle-Cindi 6a-6:45a Step/Sculpt-Kimberly 8:15a-9:10a Deep Water- Suzette 9a-9:30a Cardio Express-Debbie 9:15a-10:10a Basic Water- Suzette 9:30a-10a Sculpt/Yoga Fusion-Debbie 10a-10:30 Yoga Stretch-Debbie 10:30a-11:30a Silver Sneakers® MSROM-Debbie	21 8:30a-9:25a -Cycle-Lori 9a-10a Cardio Kickbox -Sherry 9a-10a Zumba-Juli 10a-11:30a Yoga-Caroline 10a-11a Basic Water- Jermaine	
23 5:30a-6:15a Cycle-Cindi 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water-Suzette 9a-10a Hi/Lo- Kyrin 9:15a-10:10a Basic Water-Suzette 10a-11a Yoga- Debbie 1:30p-2:30p SilverSneakers®MSROM- Linda 5:30p-6:30p Cycle-Connie 5:30p-6:30p Zumba-Lindsay 5:30p-7p Stretch & Strengthen Yoga-Cindi* 6:30p-7:30p Cardio Circuit-Jessie 7p-8p- Basic Water-Julianne	24 5:30a-6:15a*New Class* Cycle-Jennipher 8:15a-9:10a Deep Water-Kathleen 9a-9:30a Sculpt Express-Lori 9:15a-10a Stretch & Tone Water-James 9:30a-10:30a Cycle-Pam B 4:30p-5:30p Cycle-Sherry 5:30p-6:25p Cardio Kickbox-Sherry 5:30p-6:25p Techno Tuesday Cycle-Paul 6:30p-7:30p Drop It, Rip It-Paul	25 5:30a-6:15a Cycle-Cindi 6a-6:45a Step/Sculpt-Kimberly 8:15a-9:10a Deep Water- Kathleen 9a-9:25a Circuit Breaker-Suzette 9:15a-10:10a Basic Water- Pam S 9:30a-10a Pilates-Suzette 10:30a-11:30a- SilverSneakers® Cardio Circuit-Debbie 5:30p-7p Core Fusion Yoga-Cindi* 5:30p-6:30p Cycle- Paul 6:30p-7:30p Zumba-Jennipher	26 5:30a-6:15a*New Class* Cycle-Jennipher 8:15a-9:10a Deep Water- Kyrin 9:15a-10a Stretch & Tone Water- James 9:30a-10:25a Cycle- Lori 10a-10:30a Cardio Express- Pam S 10:30a-11a Sculpt Express- Pam S 4:30p-5:30p Cycle-Jessie 5:30p-6:30p Cardio Kickbox -Pam B 5:30p-6:30p Cycle Circuit- Paul 6:30p-7:00p BLT- Paul 7:00p-7:30p Power Abs- Paul 7p-8p- Basic Water-Jermaine	27 5:30a-6:15a Cycle-Cindi 6a-6:45a Step/Sculpt-Kimberly 8:15a-9:10a Deep Water-Suzette 9a-9:30a Cardio Express-Debbie 9:15a-10:10a Basic Water-Suzette 9:30a-10a Sculpt/Yoga Fusion-Debbie 10a-10:30 Yoga Stretch-Debbie 10:30a-11:30a Silver Sneakers® MSROM-Debbie	28 8:30a-9:25a Cycle-Paul 9a-10a Cardio Kickbox-Pam B 9a- 10a Zumba-Juli 10a-11:30a Yoga-Suzette 10a-11a Basic Water- Jermaine	
30 5:30a-6:15a Cycle-Cindi 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water-Kyrin 9a-10a Hi/Lo-Debbie 9:15a-10:10a Basic Water-Kyrin 10a-11a Yoga- Debbie 1:30p-2:30p SilverSneakers®MSROM- Linda 5:30p-6:30p Cycle-Sherry 5:30p-6:30p Zumba-Lindsay 5:30p-7p Stretch & Strengthen Yoga-Cindi * 6:30p-7:30p Cardio Circuit-Jennipher 7p-8p- Basic Water-Julianne	31 5:30a-6:15a*New Class* Cycle-Jennipher 8:15a-9:10a Deep Water-Kathleen 9a-9:30a Sculpt Express-Lori 9:15a-10a Stretch & Tone Water-James 9:30a-10:30a Cycle-Pam B 4:30p-5:30p Cycle-Sherry 5:30p-6:25p Cardio Kickbox-Sherry 5:30p-6:25p Techno Tuesday Cycle-Paul 6:30p-7:30p Drop It, Rip It-Paul	YMCA Hours: Monday-Thursday: 5:00am-10:00pm Friday: 5:00am-9:00pm Saturday: 8:00am-6:00pm Sunday: 1:00pm-6:00pm Childwatch Hours: Monday-Friday 8am-12pm Monday-Thursday 4pm-8:15pm Saturday 8am-12:30pm Friday 4pm-7pm Kid Zone Monday-Thursday 4pm-8:15pm Saturday 8am-12:30pm Friday 4pm-7pm *-Class meets in the Boardroom			INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE.	