


GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

May 3 - May 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am			10/10 Vicki 45 mins	GRIT™ Athletic Tiff 30 mins	BodyPump™ Tiff 45 mins	
6:30am		Tabata Cardio Circuit Vicki 45 mins				
8:30am		Pure Strength Liz 45 mins				
9:30am						POUND® Amanda 30 mins
10:00am	SilverSneakers® Circuit <i>Mifflinburg Y & Virtual</i> Angela 45 mins				SilverSneakers® Classic <i>Sunbury Y & Virtual Class begins at 10:10am</i> Angella 45 mins	Pilates Jess H 45 mins
4:00pm	Ballet Fusion Brandy 30 mins					
4:45pm		POUND® Amanda 30 mins				
5:00pm			BodyPump™ Jessica 30 mins			
5:30pm	Cardio & Core Richelle 45 mins		PiYo LIVE® Jessica 45 mins	Tabata Circuit Heidi 45 mins		