


GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

July 12-17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Cardio Boxing Vicki 45 mins				
8:30am				H.I.I.T. Liz 45 mins		
9:00am						
10:00am					SilverSneakers® Classic Sunbury Y & Virtual Class begins at 10:10am Angella 45 mins	Pilates Jess H 45 mins
5:00pm						
5:30pm		Strength Pyramid Richelle 45 mins		Body Sculpt Heidi 45 mins		