


GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

July 5-10

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--|---------|---|-----------------------------------|---|------------------------------------|
| 5:45am | | | | | GRIT™ Strength Tiff 30 mins | |
| 8:30am | | | Cardio and Core Richelle 45 mins | Chiseled Liz 45 mins | | |
| 9:00am | | | | | | Tabata Amanda 45 mins |
| 10:00am | SilverSneakers® Circuit Mifflinburg Y & Virtual Angela 45 mins | | | | SilverSneakers® Classic Sunbury Y & Virtual Class begins at 10:10am Angella 45 mins | |
| 5:00pm | | | | |  | |
| 5:30pm | | | | | | |