

Milton YMCA Group Exercise Schedule July 19-24



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		Cycle Keith (30 min)				
9:15 AM		SilverSneakers® Stability Jill (GYM)		SilverSneakers® Stability Jill (GYM)		POUND® Rebecca (45 min)
10:00 AM			SilverSneakers® Classic Jill (GYM)		SilverSneakers® Classic Jill (GYM)	
5:00 PM		POUND® Amanda (45 min)				
5:30 PM	Tabata Heidi (45 min)		Body Sculpt Heidi (45 min)			