



# SUNBURY YMCA GROUP EXERCISE / CYCLING / SILVERSNEAKERS SCHEDULE

July 19 - July 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	<b>SPRINT™</b> Stacy - 30 mins		<b>BodyPump™</b> Stacy - 45 mins		<b>GRIT Cardio™</b> Stacy - 30 mins	
5:45am				<b>Circuit</b> Christine - 45 mins		
7:45am	<b>BodyPump™</b> Andy - 45 mins					
8:00am		<b>RPM™</b> Barry - 45 mins			<b>RPM™</b> Melanie - 30 mins	
8:15am						<b>RPM™</b> Phyllis - 45 mins
9:00am	<b>ZUMBA®</b> Brandy - 60 mins	<b>STRONG45™</b> Andy - 45 mins	<b>ZUMBA®</b> Angella - 45 mins	<b>BodyPump™</b> Andy - 60 mins	<b>STRONG45™</b> Andy - 45 mins	
9:00am	<b>RPM™</b> Barry - 45 mins		<b>SPRINT™</b> Jeanne - 30 mins			
10:00am					<b>Ballet Barre</b> Andy - 45 mins	
10:00am	<b>SilverSneakers® Classic</b> Rachel's Gym Set Up - 10:00am Class Begins - 10:10am Angella - 45 mins		<b>SilverSneakers® Classic</b> Rachel's Gym Set Up - 10:00am Class Begins - 10:10am Angella - 45 mins		<b>SilverSneakers® Classic</b> Rachel's Gym Set Up - 10:00am Class Begins - 10:10am Angella - 45 mins	
10:15am				<b>Shimmy &amp; Shake</b> Dance Fitness Andy - 45 mins		
11:00am	<b>Chair Yoga</b> Rachel's Gym Set Up - 11:00am Class Begins - 11:10am Angella - 60 mins					
4:30pm	<b>P90x LIVE</b> Mel B - 45 mins	<b>BodyPump™</b> Amy T - 45 mins		<b>Zumba®</b> Brandy - 55 mins		
5:30pm	<b>Zumba®</b> Alison - 60 mins	<b>TurboKick®</b> Bria - 60 mins	<b>P90x LIVE</b> Mel B - 45 mins	<b>BodyAttack™</b> Kathy - 60 mins		
5:30pm	<b>SPRINT™</b> Jeanne - 30 mins	<b>RPM™</b> Barry - 45 mins		<b>RPM™</b> Amy T - 45 mins		

GROUP EXERCISE, CYCLING, AND SILVERSNEAKERS CLASS INFORMATION ON THE BACK