


SUNBURY YMCA GROUP EXERCISE / CYCLING / SILVERSNEAKERS SCHEDULE

July 26 - July 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35am	SPRINT™ Stacy - 30 mins		BodyPump™ Stacy - 45 mins		TBD 45 mins	
5:45am				Circuit Christine - 45 mins		
7:45am	BodyPump™ Melanie - 45 mins					
8:00am		RPM™ Barry - 45 mins			SPRINT™ Melanie - 30 mins	
8:15am						RPM™ Amy T - 30 mins
9:00am	ZUMBA® Angella - 60 mins	STRONG45™ Andy - 45 mins	ZUMBA® Angella - 60 mins	BodyPump™ Andy - 60 mins	STRONG45™ Andy - 45 mins	BodyFlow™ Amy T - 30 mins
9:00am	RPM™ Barry - 45 mins		SPRINT™ Jeanne - 30 mins			
10:00am					Ballet Barre Andy - 45 mins	
10:00am	SilverSneakers® Classic Rachel's Gym Set Up - 10:00am Class Begins - 10:10am Gayle - 45 mins		SilverSneakers® Classic Rachel's Gym Set Up - 10:00am Class Begins - 10:10am Gayle - 45 mins		SilverSneakers® Classic Rachel's Gym Set Up - 10:00am Class Begins - 10:10am Angella - 45 mins	
10:15am				Shimmy & Shake Dance Fitness Andy - 45 mins		
11:00am	Chair Yoga Rachel's Gym Set Up - 11:00am Class Begins - 11:10am Gayle - 60 mins				Chair Yoga Rachel's Gym Set Up - 11:00am Class Begins - 11:10am Angella - 60 mins	
4:30pm	P90x LIVE Mel B - 45 mins	BodyPump™ Amy T - 45 mins		Zumba® Brandy - 55 mins		
5:15pm			P90x LIVE Mel B - 60 mins			
5:30pm	Zumba® Alison - 60 mins	TurboKick® Bria - 60 mins		Les Mills Core™ Melanie - 45 mins		
5:30pm	SPRINT™ Jeanne - 30 mins	Cycling Sheila - 45 mins		RPM™ Amy T - 45 mins		

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