

## Sunbury YMCA Group Exercise Schedule – February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY / SUNDAY
<p>***NEW***</p> <p><b>BODYPUMP™</b> -NEW Release 108 in classes the week of February 4<sup>th</sup></p> <p><b>KickBoxing with Eric</b> Wednesdays 9:00am &amp; 5:30pm</p>				2/1	<p><b>SATURDAY 2/2</b> 8:15AM <b>STRONG™</b> Stacy</p> <hr style="border-top: 1px dashed black;"/> <p><b>SUNDAY 2/3</b> 1:30PM <b>Totally Tabata</b> Sheila</p>
4	5	6	7	8	<p><b>SATURDAY 2/9</b> 8:15AM <b>P90x LIVE™</b> Nichole F</p> <hr style="border-top: 1px dashed black;"/> <p><b>SUNDAY 2/10</b> 1:30PM <b>Core De Force®</b> Nichole F</p>
<p>5:45AM <b>Stretch / Tone</b> Christine 7:45 <b>BODYPUMP™</b> Melanie 9:00 <b>Pilates</b> Gayle 10:00 <b>ZUMBA®</b> Melanie Noon <b>Fitness Fusion</b> Adrienne</p> <p>4:30PM <b>P90x LIVE®</b> Mel B 5:30 <b>ZUMBA®</b> Alison 6:30 <b>BODYPUMP™</b> Amy T</p>	<p>5:45AM <b>Cybox® Circuit</b> Christine 9:00 <b>Core De Force®</b> Melanie 10:00 <b>Stretch &amp; Core</b> Melanie</p> <p>4:30PM <b>Pilates</b> Danielle 5:30 <b>TurboKick®</b> Bria</p>	<p>5:45AM <b>BODYPUMP™</b> Sheila P 7:45AM <b>Yoga</b> Gayle (<i>Rachel's Gym</i>) <i>*NEW*</i> 9:00AM <b>Kickboxing</b> Eric 9:00 <b>ZUMBA®</b> Carissa 10:00 <b>Barre</b> Melanie Noon <b>Step</b> Melanie</p> <p>4:30PM <b>BODYPUMP™</b> Adrienne <i>*NEW*</i> 5:30 <b>Kickboxing</b> Eric 5:30 <b>PiYo LIVE®</b> Mel B</p>	<p>5:35AM <b>ZUMBA®</b> Heather</p> <p>9:00AM <b>BODYPUMP™</b> Nichole 10:00 <b>ZUMBA®</b> Nichole</p> <p>5:30PM <b>Core De Force®</b> Stacy 6:00 <b>Cybox® Circuit</b> Maggie 6:30 <b>BODYPUMP™</b> Stacy</p>	<p>5:45AM <b>P90x LIVE®</b> Jeanne</p> <p>9:00 <b>ZUMBA®</b> Nichole</p> <p>Noon <b>BODYPUMP™</b> Adrienne</p>	<p><b>SATURDAY 2/16</b> 8:15AM <b>Core De Force®</b> Nichole F</p> <hr style="border-top: 1px dashed black;"/> <p><b>SUNDAY 2/17</b> 1:30PM <b>P90x LIVE™</b> Melissa</p>
11	12	13	14	15	<p><b>SATURDAY 2/23</b> 8:15AM <b>STRONG™</b> Stacy</p> <hr style="border-top: 1px dashed black;"/> <p><b>SUNDAY 2/24</b> 1:30PM <b>Core De Force®</b> Nichole F</p>
<p>5:45AM <b>Totally Tabata</b> Roni 7:45 <b>BODYPUMP™</b> Melanie 9:00 <b>Pilates</b> Gayle 10:00 <b>ZUMBA®</b> Melanie Noon <b>Fitness Fusion</b> Adrienne</p> <p>4:30PM <b>P90x LIVE®</b> Mel B 5:30 <b>ZUMBA®</b> Alison 6:30 <b>BODYPUMP™</b> Stacy</p>	<p>5:45AM <b>Cybox® Circuit</b> Christine 9:00 <b>STRONG®</b> Melanie 10:00 <b>Stretch &amp; Core</b> Melanie</p> <p>4:30PM <b>Pilates</b> Danielle 5:30 <b>Core De Force®</b> Bria</p>	<p>5:45AM <b>Totally Tabata</b> Sheila P 7:45AM <b>Yoga</b> Gayle (<i>Rachel's Gym</i>) <i>*NEW*</i> 9:00AM <b>Kickboxing</b> Eric 9:00 <b>ZUMBA®</b> Alison 10:00 <b>Barre</b> Melanie Noon <b>Core De Force®</b> Nichole F</p> <p>4:30PM <b>BODYPUMP™</b> Adrienne <i>*NEW*</i> 5:30 <b>Kickboxing</b> Eric 5:30 <b>PiYo LIVE®</b> Mel B</p>	<p>5:35AM <b>ZUMBA®</b> Heather</p> <p>9:00AM <b>BODYPUMP™</b> Melanie 10:00 <b>Stretch &amp; Core</b></p> <p>5:30PM <b>Core De Force®</b> Stacy 6:00 <b>Cybox® Circuit</b> Maggie 6:30 <b>BODYPUMP™</b> Stacy</p>	<p>5:45AM <b>P90x LIVE®</b> Jeanne</p> <p>9:00 <b>ZUMBA®</b> Melanie</p> <p>Noon <b>BODYPUMP™</b> Adrienne</p>	<p><b>SATURDAY 2/23</b> 8:15AM <b>STRONG™</b> Stacy</p> <hr style="border-top: 1px dashed black;"/> <p><b>SUNDAY 2/24</b> 1:30PM <b>Core De Force®</b> Nichole F</p>
18	19	20	21	22	
<p>5:45AM <b>Step</b> Roni 7:45 <b>BODYPUMP™</b> Melanie 9:00 <b>Pilates</b> Gayle 10:00 <b>ZUMBA®</b> Melanie Noon <b>Fitness Fusion</b> Adrienne</p> <p>4:30PM <b>P90x LIVE®</b> Mel B 5:30 <b>ZUMBA®</b> Alison 6:30 <b>BODYPUMP™</b> Amy T</p>	<p>5:45AM <b>Cybox® Circuit</b> Christine 9:00 <b>Core De Force®</b> Melanie 10:00 <b>Stretch &amp; Core</b> Melanie</p> <p>4:30PM <b>Pilates</b> Danielle 5:30 <b>TurboKick®</b> Bria</p>	<p>5:45AM <b>Totally Tabata</b> Sheila P 7:45AM <b>Yoga</b> Gayle (<i>Rachel's Gym</i>) <i>*NEW*</i> 9:00AM <b>Kickboxing</b> Eric 9:00 <b>ZUMBA®</b> Alison 10:00 <b>Barre</b> Melanie Noon <b>Core De Force®</b> Nichole F</p> <p>4:30PM <b>BODYPUMP™</b> Adrienne <i>*NEW*</i> 5:30 <b>Kickboxing</b> Eric 5:30 <b>PiYo LIVE®</b> Mel B</p>	<p>5:35AM <b>ZUMBA®</b> Heather</p> <p>9:00AM <b>BODYPUMP™</b> Nichole 10:00 <b>ZUMBA®</b> Nichole</p> <p>5:30PM <b>Core De Force®</b> Stacy 6:00 <b>Cybox® Circuit</b> Maggie 6:30 <b>BODYPUMP™</b> Stacy</p>	<p>5:45AM <b>P90x LIVE®</b> Jeanne</p> <p>9:00 <b>ZUMBA®</b> Melanie</p> <p>Noon <b>BODYPUMP™</b> Adrienne</p>	
25	26	27	28		
<p>5:45AM <b>Totally Tabata</b> Roni 7:45 <b>BODYPUMP™</b> Melanie 9:00 <b>Pilates</b> Gayle 10:00 <b>ZUMBA®</b> Melanie Noon <b>Fitness Fusion</b> Adrienne</p> <p>4:30PM <b>P90x LIVE®</b> Mel B 5:30 <b>ZUMBA®</b> Alison 6:30 <b>BODYPUMP™</b> Stacy</p>	<p>5:45AM <b>Cybox® Circuit</b> Christine 9:00 <b>STRONG®</b> Melanie 10:00 <b>Stretch &amp; Core</b> Melanie</p> <p>4:30PM <b>Pilates</b> Danielle 5:30 <b>Core De Force®</b> Bria</p>	<p>5:45AM <b>BODYPUMP™</b> Sheila P 7:45AM <b>Yoga</b> Gayle (<i>Rachel's Gym</i>) <i>*NEW*</i> 9:00AM <b>Kickboxing</b> Eric 9:00 <b>ZUMBA®</b> Carissa 10:00 <b>Barre</b> Melanie Noon <b>Step</b> Melanie</p> <p>4:30PM <b>BODYPUMP™</b> Adrienne <i>*NEW*</i> 5:30 <b>Kickboxing</b> Eric 5:30 <b>PiYo LIVE®</b> Mel B</p>	<p>5:35AM <b>ZUMBA®</b> Heather</p> <p>9:00AM <b>BODYPUMP™</b> Nichole 10:00 <b>ZUMBA®</b> Nichole</p> <p>5:30PM <b>Totally Tabata</b> Sheila 6:00 <b>Cybox® Circuit</b> Maggie 6:30 <b>BODYPUMP™</b> Amy T</p>		

