


Sunbury YMCA Group Exercise Schedule – January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY / SUNDAY
	1/1 HAPPY NEW YEAR CLOSED	1/2 5:45AM BODYPUMP™ Sheila P 7:45AM Yoga Gayle (<i>Rachel's Gym</i>) 9:00 ZUMBA® Carissa 10:00 Barre Melanie Noon Step Melanie 4:30PM BODYPUMP™ Stacy 5:30 PiYo LIVE® Mel B	1/3 5:35AM ZUMBA® Heather 9:00AM BODYPUMP™ Nichole 10:00 ZUMBA® Nichole 5:30PM Core De Force® Bria 6:00 Cybox® Circuit Maggie 6:30 BODYPUMP™ Amy T	1/4 5:45AM P90x LIVE® Jeanne 8:00AM Kickboxing Eric 9:00 ZUMBA® Nichole Noon BODYPUMP™ Adrienne	SATURDAY 1/5 8:15AM BODYPUMP™ Melanie
7	8	9	10	11	SATURDAY 1/12 8:15AM Core De Force™ Nichole <hr/> SUNDAY 1/13 1:30PM Totally Tabata Sheila
5:45AM Step Roni 7:45 BODYPUMP™ Melanie 9:00 Pilates Gayle 10:00 ZUMBA® Melanie Noon Fitness Fusion Adrienne 4:30PM P90x LIVE® Mel B 5:30 ZUMBA® Alison 6:30 BODYPUMP™ Amy T	5:45AM Cybox® Circuit Christine 9:00 Core De Force® Melanie 10:00 Stretch & Core Melanie 4:30PM Pilates Danielle 5:30 Core De Force® Bria	5:45AM BODYPUMP™ Sheila P 7:45AM Yoga Gayle (<i>Rachel's Gym</i>) 9:00 ZUMBA® Carissa 10:00 Barre Melanie Noon Step Melanie 4:30PM BODYPUMP™ Stacy 5:30 PiYo LIVE® Mel B	5:35AM ZUMBA® Heather 9:00AM BODYPUMP™ Nichole 10:00 ZUMBA® Nichole 5:30PM STRONG® Stacy 6:00 Cybox® Circuit Maggie 6:30 BODYPUMP™ Stacy	5:45AM Core De Force® Stacy 8:00AM Kickboxing Eric 9:00 ZUMBA® Nichole Noon BODYPUMP™ Adrienne	SATURDAY 1/19 8:15AM STRONG® Stacy <hr/> SUNDAY 1/20 1:30PM Core De Force™ Nichole
14	15	16	17	18	SATURDAY 1/26 8:15AM Core De Force™ Nichole <hr/> SUNDAY 1/27 8:15AM P90x LIVE® Nichole
5:45AM Step Roni 7:45 BODYPUMP™ Melanie 9:00 Pilates Gayle 10:00 ZUMBA® Melanie Noon Fitness Fusion Adrienne 4:30PM P90x LIVE® Mel B 5:30 ZUMBA® Alison 6:30 BODYPUMP™ Stacy	5:45AM Cybox® Circuit Christine 9:00 STRONG® Melanie 10:00 Stretch & Core Melanie 4:30PM Pilates Danielle 5:30 Core De Force® Bria	5:45AM BODYPUMP™ Sheila P 7:45AM Yoga Gayle (<i>Rachel's Gym</i>) 9:00 ZUMBA® Carissa 10:00 Barre Melanie Noon Core De Force® Nichole 4:30PM BODYPUMP™ Stacy 5:30 PiYo LIVE® Mel B	5:35AM ZUMBA® Heather 9:00AM BODYPUMP™ Nichole 10:00 ZUMBA® Nichole 5:30PM STRONG® Stacy 6:00 Cybox® Circuit Maggie 6:30 BODYPUMP™ Stacy	5:45AM P90x LIVE® Jeanne 8:00AM Kickboxing Eric 9:00 ZUMBA® Nichole Noon BODYPUMP™ Adrienne	SATURDAY 1/26 8:15AM Core De Force™ Nichole <hr/> SUNDAY 1/27 8:15AM P90x LIVE® Nichole
21	22	23	24	25	
5:45AM Step Roni 7:45 BODYPUMP™ Melanie 9:00 Pilates Gayle 10:00 ZUMBA® Melanie Noon Fitness Fusion Adrienne 4:30PM P90x LIVE® Mel B 5:30 ZUMBA® Alison 6:30 BODYPUMP™ Amy T	5:45AM Cybox® Circuit Christine 9:00 STRONG® Melanie 10:00 Stretch & Core Melanie 4:30PM Pilates Danielle 5:30 Core De Force® Bria	5:45AM BODYPUMP™ Sheila P 7:45AM Yoga Gayle (<i>Rachel's Gym</i>) 9:00 ZUMBA® Carissa 10:00 Barre Melanie Noon Core De Force® Nichole 4:30PM BODYPUMP™ Stacy 5:30 PiYo LIVE® Mel B	5:35AM ZUMBA® Heather 9:00AM BODYPUMP™ Nichole 10:00 ZUMBA® Nichole 5:30PM STRONG® Stacy 6:00 Cybox® Circuit Maggie 6:30 BODYPUMP™ Stacy	5:45AM P90x LIVE® Jeanne 8:00AM Kickboxing Eric 9:00 ZUMBA® Nichole Noon BODYPUMP™ Adrienne	
28	29	30	31		
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