



**Middletown Area Family YMCA
Group Exercise Schedule
Summer I - 2019
May 28- July 13**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TC =Teen Center GE= Group Exercise Room GYM = Gymnasium POOL= Lap Pool

Monday				Thursday			
Time	Class		Instructor	Time	Class	Location	Instructor
5:30am-6:30am	Spinning®	GE	Vickie	8:00am-9:00am	Stability Ball	GE	Natalie
8:00am-9:00am	Pilates	GE	Natalie	8:00am-9:00am	Aqua Zumba	POOL	Logan
9:00am-9:45am	Total Body Conditioning	GE	Bill	9:00am-9:45am	H-2-Cardio	POOL	Anna
9:45am-10:30am	Total Body Conditioning	GE	Bill	11:00am-12:00pm	Outside Rental	GE	
10:15am-11:00am	Cardio Splash	POOL	Marilyn	6:00pm-7:00pm	Yoga	GE	Claude
11:30am-12:30pm	Enhance Fitness	GE	Kenzie	Friday			
5:30pm-6:30pm	Step 'n Sculpt	GE	Bill	Time	Class	Location	Instructor
6:00pm-7:00pm	Yoga	TC	Claude	8:00am-9:00am	Zumba	GE	Logan
Tuesday				9:00am-9:45am	Total Body Conditioning	GE	Bill
Time	Class	Location	Instructor	9:45am-10:30am	Total Body Conditioning	GE	Bill
5:30am-6:45am	Freedom Barre®	GE	Courtney	11:30am-12:30pm	Enhance Fitness	GE	Kenzie
8:00am-9:00am	Aqua Zumba	POOL	Logan	5:30pm-6:30pm	Bootcamp	GYM	Lynwood
9:00am-9:45am	H-2-Cardio	POOL	Anna	5:30pm-6:30pm	Step n Sculpt	GE	Bill
9:45am-10:30am	Aqua Yoga	POOL	Sara	Saturday			
6:00pm-7:00pm	Pilates	GE	Sharon	Time	Class	Location	Instructor
Wednesday				8:45am-10:00am	Freedom Barre®	GE	Brooklyne
Time	Class	Location	Instructor	10:00am-11:00am	Yoga	GE	Claude
5:30am-6:30am	Spinning®	GE	Vickie				
9:00am-9:45am	Total Body Conditioning	GE	Bill				
9:45am-10:30am	Total Body Conditioning	GE	Bill				
10:15am-11:00am	Cardio Splash	POOL	Marilyn				
11:30am-12:30pm	Enhance Fitness	GE	Kenzie				
5:30pm-6:30pm	Step 'n Sculpt	GE	Bill				
6:30pm-7:45pm	Freedom Barre®	GE	Brooklyne				

Classes are subject to change

BUILDING HOURS

Monday - Thursday: 5:30am-9:00pm

Friday: 5:30am - 7:00pm

Saturday: 8:00am - 4:00pm

Sunday: 12:00pm-5:00pm

CHILDWATCH HOURS

Monday-Thursday: 5:00pm- 8:30pm

Saturday: 8:30am- 12:30pm

PLEASE REGISTER at the welcome center for classes that you plan to regularly attend.

Rosters are used to make contact in the unfortunate event that we need to change or cancel a class.

THANK YOU.