

Fall 2020

Beginning SEPT 8

SS Walking Club
9:00 - 10:00 AM
@ Community Center

Laura

Zumba
6:15 - 7:00 PM
Melanie

BLT
7:00 - 7:45 PM
Sherry

SS Walking Club
9:00 - 10:00 AM
@ Community Center

Laura

Zumba
6:15 - 7:00 PM
Melanie

BLT
7:00 - 7:45 PM
Sherry

Zumba
9:15 - 10:15 AM

Melanie

All classes, with the exception of Walking Club, are in the gymnasium

SS Classic
9:15 - 10:15 AM

Cathy

SS Classic
9:15 - 10:15 AM

Cathy

SATURDAY

FRIDAY

WEDNESDAY

THURSDAY

TUESDAY

MONDAY



**CLASS DESCRIPTIONS** - Group exercise classes are for all levels of fitness. Inform the instructor if you are new to the Y,

 we are happy to show modifications for all levels of fitness.

**Zumba** – Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original

 dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

 You are sure to burn calories and have fun!

**BLT** - Our BLT workout focuses on exercise for the back, legs and tummy. BLT is structured to strengthen and tone

 the entire core and lower body.

Class Descriptions