



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SS Classic

9:15 - 10:15 AM

Sherry

SS Cardio

9:15 - 10:15 AM

Cathy

SS Classic

9:15 - 10:15 AM

Sherry

SS Cardio

9:15 - 10:15 AM

Cathy

Zumba

9:15 - 10:15 AM

Melanie

Zumba

6:15 - 7:00 PM  
Melanie

Zumba

6:15 - 7:00 PM  
Melanie

BLT

7:00 - 7:45 PM  
Sherry

BLT

7:00 - 7:45 PM  
Sherry

All classes  
are held in  
the  
gymnasium



**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.