



MONDAY

SS Classic
9:30 - 10:30 AM
Sherry

Zumba
6:15 - 7:00 PM
Melanie

BLT
7:00 - 7:45 PM
Sherry

TUESDAY

SS Cardio
9:30 - 10:30 AM
Cathy

Yoga
6:00 - 7:00 PM
Bob

WEDNESDAY

SS Classic
9:30 - 10:30 AM
Sherry

Zumba
6:15 - 7:00 PM
Melanie

BLT
7:00 - 7:45 PM
Sherry

THURSDAY

SS Cardio
9:30 - 10:30 AM
Cathy

Yoga
6:00 - 7:00 PM
Heather
(1st & 3rd TH only)

FRIDAY

SS Cardio
9:30 - 10:30 AM
Cathy

SATURDAY

Zumba
9:15 - 10:00 AM
Melanie

All classes,
with the
exception of
yoga, 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.