



MONDAY

SS Classic

9:30 - 10:30 AM

Sherry

Zumba6:15 - 7:00 PM
MelanieBLT7:00 - 7:45 PM
Sherry

TUESDAY

SS Classic

9:30 - 10:30 AM

Cathy

Yoga6:00 - 7:00 PM
Bob

WEDNESDAY

SS Classic

9:30 - 10:30 AM

Sherry

Zumba6:15 - 7:00 PM
MelanieBLT7:00 - 7:45 PM
Sherry

THURSDAY

SS Classic

9:30 - 10:30 AM

Cathy

Yoga6:00 - 7:00 PM
Heather

FRIDAY

SS Classic

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.

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.

Silver Sneaker Classic- Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

Yoga – The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

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!