



## MONDAY

SS Classic9:30 – 10:30 AM  
SherryZumba6:15 – 7:00 PM  
MelanieBLT7:00 – 7:45 PM  
Sherry

## TUESDAY

SS Classic9:30 – 10:30 AM  
CathyYoga6:00 – 7:00 PM  
Bob

## WEDNESDAY

SS Classic9:30 – 10:30 AM  
SherryZumba6:15 – 7:00 PM  
MelanieBLT7:00 – 7:45 PM  
Sherry

## THURSDAY

SS Classic9:30 – 10:30 AM  
CathyYoga6:00 – 7:00 PM  
Heather

## FRIDAY

SS Classic9:30 – 10:30 AM  
Cathy

## SATURDAY

Zumba9:15 – 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!