



# BLOOMSBURG AREA YMCA

## Fitness Schedule - Group Exercise Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM							
6 AM							
7 AM					Heartcore Step w/ Robin		
8 AM		SilverSneakers Cardio Circuit w/ Andrea	Cycling w/ Denise	SilverSneakers Cardio Circuit w/ Andrea			
9 AM		SilverSneakers Classic w/ Andrea		SilverSneakers Classic w/ Andrea		Zumba w/ Steph	
10 AM		Zumba Gold Toning w/ Elizabeth		Fit & Flex w/ Andrea	Persistence with Resistance w/ Tyler		
11 AM	Chair Yoga w/ Robynn	Strength Through Length w/ Collin	Senior Mobility & Flexibility w/ Kate	Adaptive Fitness w/ Denise	Strength Through Length w/ Collin		All-Levels Yoga w/ Missy & Marcy
12 PM							
1 PM							
2 PM							
3 PM							
4 PM					Latin Dance w/ Larysa		
5 PM	Step & Strength w/ Nadeen	Power Cycle Total Body 40/20 w/ Karen	Adaptive Fitness w/ Denise	Piloxing w/ Karen			
6 PM	Cardio, Strength & Stretch w/ Missy	Zumba w/ Steph	Yoga Sculpt w/ Missy	STRONG 30/30 by Zumba w/ Steph	HIIT w/ Collin	<b>Intensity Levels / Age Ranges</b>  <b>SENIOR</b>  <b>LOW INTENSITY</b>  <b>MEDIUM INTENSITY</b>  <b>HIGH INTENSITY</b>	
7 PM		HIIT w/ Tianna					
8 PM							