



WEEKLY GROUP EXERCISE SCHEDULE
FALL 2024- EFFECTIVE 9/1/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Classes	Morning Classes	Morning Classes	Morning Classes	Morning Classes	Morning Classes	Morning Classes
	8-8:45am: SilverSneakers Cardio Circuit w/ Andrea	8-9am: Cycling w/ Denise	8-8:45am: SilverSneakers Cardio Circuit w/ Andrea	7-8am: Heartcore Step w/ Robin	8-9am: Cardio Strength w/ Steph	
	9-9:45am: SilverSneakers Classic w/ Andrea		9-9:45am: SilverSneakers Classic w/ Andrea		9-10am: Zumba w/ Steph	
10-10:45am: Senior Strength w/ Brynn	10:15-11am: Zumba Gold Toning w/ Elizabeth	10-10:45am: Senior Strength w/ Brynn	10-11am: Fit & Flex w/ Andrea		10-10:45am: Kids Yoga w/ Brynn	
11-11:45am: Chair Yoga w/ Brynn	11-11:45am: Strength Through Length w/ Brynn	11-11:45am: Chair Yoga w/ Brynn	11am-12pm: Adaptive Fitness w/ Denise	11-11:45am: Strength Through Length w/ Collin	11am-12pm: Beginner's Yoga w/ Brynn	11:15am-12:15pm: All Levels Yoga w/ Missy and Marcy
Evening Classes	Evening Classes	Evening Classes	Evening Classes	KEY- INTENSITY LEVELS: SENIOR LOW INTENSITY MEDIUM INTENSITY HIGH INTENSITY		
	4-4:45pm: Power Cycle w/ Karen		4:15-5:15pm: Piloxing w/ Karen			
5-6pm: Step & Strength w/ Nadeen	4:45-5:30pm: Strength Class w/ Karen	4:30-5:30pm: Adaptive Fitness w/ Denise				
6-7pm: Cardio, Strength & Stretch w/ Missy	5:30-6:30pm: Zumba w/ Steph	6-7pm: Yoga Sculpt w/ Missy	5:30-6:30pm: STRONG 30/30 by Zumba w/ Steph			
	6:30-7:00pm: Guts & Butts w/ Juniper					
		 @bloomsburgy		 Bloomsburg Area YMCA		