



Scantic Valley YMCA Branch  
November 14th - December 15th

45 Post Office Park  
WILBRAHAM, MA 01095  
(413) 596-2749

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Cycling</b> Community Room Shawn B. 5:45am - 6:30am	<b>Cycling</b> Community Room Sean M. 5:45am - 6:30am	<b>Boot Camp Express</b> Gym Marisa F. 5:45am - 6:30am	<b>Boot Camp Express</b> Community Room Marisa F. 5:45am - 6:30am	<b>Circuit</b> Community Room Marisa F. 5:45am - 6:30am		
	<b>Metabolic Madness</b> Community Room Marisa F. 5:45am - 6:30am	<b>Boot Camp Express</b> Community Room Marisa F. 5:45am - 6:30am	<b>Cycling</b> Community Room Sean M. 5:45am - 6:30am	<b>Cycling</b> Community Room Sean M. 5:45am - 6:30am	<b>Cycling</b> Community Room Shawn B. 5:45am - 6:30am		
<b>7am</b>						<b>Cycling</b> Community Room Shawn B. 7:15am - 8:15am	
<b>8am</b>	<b>Aqua Fitness</b> Pool Julie N. 8:30am - 9:30am	<b>Circuit</b> Community Room Jen K. 8:30am - 9:25am	<b>Aqua Fitness</b> Pool Victoria D. 8:30am - 9:30am	<b>Warm Water Conditioning</b> Pool Sherie J. 8:30am - 9:30am	<b>Power Pump</b> Community Room Jen K. 8:30am - 9:25am	<b>Power Pump</b> Community Room Jean D. 8:15am - 9:15am	<b>Pickle Ball</b> Gym Member Led 8am - 12pm
	<b>Power Pump</b> Community Room Jen K. 8:30am - 9:25am	<b>Warm Water Conditioning</b> Pool Victoria D. 8:30am - 9:30am	<b>Insanity</b> Community Room Maria O 8:30am - 9:25am	<b>Zumba® Step</b> Community Room Denise C. 8:30am - 9:25am	<b>Aqua Fitness</b> Pool Julie N. 8:30am - 9:30am		
	<b>Boomer Boot Camp</b> Gym Sherie J. 8:45am - 9:45am		<b>Boomer Boot Camp</b> Gym Teri C. 8:45am - 9:45am		<b>Boomer Boot Camp</b> Gym Victoria D. 8:45am - 9:45am		
<b>9am</b>	<b>Barre</b> Community Room Lori C. 9:30am - 10:25am	<b>Pilates Fundamental</b> Community Room Lori C. 9:30am - 10:25am	<b>Zumba®</b> Community Room Erin W 9:30am - 10:25am	<b>PiYo</b> Community Room Maria O 9:30am - 10:25am	<b>Barre</b> Community Room Lori C. 9:30am - 10:25am	<b>Zumba®</b> Community Room Kristina L. 9:15am - 10:15am	<b>Aqua Zumba</b> Pool Lizz P. 9am - 10am
<b>10am</b>	<b>Yoga (Gentle to Moderate)</b> Community Room Charlene B. 10:40am - 11:30am		<b>Yoga (Gentle to Moderate)</b> Community Room Charlene B. 10:40am - 11:30am		<b>Vinyasa / Flow Yoga (Advanced)</b> Community Room Ace S. 10:40am - 11:30am		<b>Yoga (Gentle to Moderate)</b> Community Room Charlene B. 10am - 11:10am
<b>11am</b>					<b>Pickle Ball</b> Gym Member Led 11am - 2pm		<b>Pilates Mat</b> Small Group Training Lori C. 11:15am - 12:15pm
<b>12pm</b>	<b>Pickle Ball</b> Gym Member Led 12pm - 2pm	<b>Warm Water Conditioning</b> Pool Victoria D. 12:15pm - 1pm	<b>Pickle Ball</b> Gym Member Led 12pm - 2pm	<b>Warm Water Conditioning</b> Pool Mary Ellen S. 12:15pm - 1pm			
<b>1pm</b>	<b>Gentle Joints</b> Pool Teri C. 1pm - 1:45pm	<b>Gentle Joints</b> Pool Victoria D. 1pm - 1:45pm	<b>Gentle Joints</b> Pool Sherie J. 1pm - 1:45pm	<b>Gentle Joints</b> Pool Mary Ellen S. 1pm - 1:45pm	<b>Gentle Joints</b> Pool Teri C. 1pm - 1:45pm		
	<b>POUND Pro Basic</b> Community Room Victoria D. 1:30pm - 2:15pm						

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
3pm		<b>Zumba® Basic</b> Community Room Denise C. 3pm - 3:45pm		<b>Zumba® Basic</b> Community Room Kelly B. 3pm - 3:45pm			
4pm	<b>Power Pump</b> Community Room Jean D. 4:30pm - 5:25pm	<b>Yoga (Gentle to Moderate)</b> Community Room Charlene B. 4:30pm - 5:25pm	<b>Power Pump</b> Community Room Jean D. 4:30pm - 5:25pm	<b>Hatha Yoga</b> Community Room Joanne T. 4:15pm - 5:25pm	<b>Power Pump</b> Community Room Jean D. 4:30pm - 5:25pm		
5pm	<b>Zumba®</b> Community Room Phil H. 5:30pm - 6:25pm	<b>Zumba®</b> Community Room Phil H. 5:30pm - 6:25pm	<b>Kickboxing</b> Community Room Lisa G. 5:30pm - 6:25pm	<b>Fierce-Fast &amp; Furious</b> Community Room Sherrie D. 5:30pm - 6:25pm	<b>Barre</b> Community Room Lori C. 5:30pm - 6:25pm		
				<b>Zumba® Kids</b> Gym Denise C. 5:30pm - 6:25pm			
6pm	<b>PiYo</b> Community Room Maria O 6:30pm - 7:25pm	<b>Pickle Ball</b> Gym Member Led 6:30pm - 8:30pm	<b>Cycling</b> Community Room Shawn B. 6:30pm - 7:25pm	<b>POUND Pro</b> Community Room Denise C. 6:30pm - 7:25pm	<b>Pickle Ball</b> Gym Member Led 6:30pm - 8:30pm		
7pm			<b>Aqua Fitness</b> Pool Doreen L 7:30pm - 8:30pm	<b>Beginner Cycling</b> Community Room Timothy M. 7:30pm - 8:15pm			
			<b>Tai Chi</b> Community Room Miralva G. 7:30pm - 8:30pm				

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