



Group Exercise
 Scantic Valley YMCA Branch
 January 2nd - February 16th

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

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------|--|---|--|--|--|--|--|
| 5am | Cycling Community Room Shawn B. 5:45am - 6:30am | Cycling Community Room Sean M. 5:45am - 6:30am | Boot Camp Express Gym Marisa F. 5:45am - 6:30am | Boot Camp Express Community Room Marisa F. 5:45am - 6:30am | Circuit Community Room Marisa F. 5:45am - 6:30am | | |
| | Metabolic Madness Community Room Marisa F. 5:45am - 6:30am | Boot Camp Express Community Room Marisa F. 5:45am - 6:30am | Cycling Community Room Sean M. 5:45am - 6:30am | Cycling Community Room Sean M. 5:45am - 6:30am | Cycling Community Room Shawn B. 5:45am - 6:30am | | |
| 7am | | | | | | Cycling Community Room Shawn B. 7:15am - 8:15am | |
| 8am | Aqua Fitness Pool Victoria D. 8:30am - 9:30am | Circuit Community Room Jen K. 8:30am - 9:25am | Aqua Fitness Pool Julie N. 8:30am - 9:30am | Warm Water Conditioning Pool Sherie J. 8:30am - 9:30am | Power Pump Community Room Jen K. 8:30am - 9:25am | Power Pump Community Room Jean D. 8:15am - 9:15am | Pickle Ball Gym Member Led 8am - 12pm |
| | Power Pump Community Room Jen K. 8:30am - 9:25am | Warm Water Conditioning Pool Victoria D. 8:30am - 9:30am | Insanity Community Room Maria O 8:30am - 9:25am | Zumba® Step Community Room Denise C. 8:30am - 9:25am | Aqua Fitness Pool Julie N. 8:30am - 9:30am | | |
| | Boomer Boot Camp Gym Sherie J. 8:45am - 9:45am | | Boomer Boot Camp Gym Teri C. 8:45am - 9:45am | | Boomer Boot Camp Gym Victoria D. 8:45am - 9:45am | | |
| 9am | Barre Community Room Lori C. 9:30am - 10:25am | Pilates Fundamental Community Room Lori C. 9:30am - 10:25am | Zumba® Community Room Erin W 9:30am - 10:25am | PiYo Community Room Maria O 9:30am - 10:25am | Barre Community Room Lori C. 9:30am - 10:25am | Zumba® Community Room Kristina L. 9:15am - 10:15am | Aqua Zumba Pool Denise C. 9am - 10am |
| 10am | Yoga (Gentle to Moderate) Community Room Charlene B. 10:40am - 11:30am | | Yoga (Gentle to Moderate) Community Room Charlene B. 10:40am - 11:30am | | Vinyasa / Flow Yoga (Advanced) Community Room Ace S. 10:40am - 11:30am | | Yoga (Gentle to Moderate) Community Room Charlene B. 10am - 11am |
| 11am | | | | | Pickle Ball Gym Member Led 11am - 2pm | | Pilates Mat Small Group Training Lori C. 11:15am - 12:15pm |
| 12pm | Pickle Ball Gym Member Led 12pm - 2pm | Warm Water Conditioning Pool Victoria D. 12:15pm - 1pm | Pickle Ball Gym Member Led 12pm - 2pm | Warm Water Conditioning Pool Mary Ellen S. 12:15pm - 1pm | | | |
| 1pm | Gentle Joints Pool Teri C. 1pm - 1:45pm | Gentle Joints Pool Victoria D. 1pm - 1:45pm | Gentle Joints Pool Sherie J. 1pm - 1:45pm | Gentle Joints Pool Mary Ellen S. 1pm - 1:45pm | Gentle Joints Pool Teri C. 1pm - 1:45pm | | |
| | POUND Pro Basic 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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|-----|---|--|---|---|---|-----|-----|
| 3pm | | Zumba® Basic Community Room Denise C. 3pm - 3:45pm | | Zumba® Basic Community Room Kelly B. 3pm - 3:45pm | | | |
| 4pm | Power Pump Community Room Jean D. 4:30pm - 5:25pm | Yoga (Gentle to Moderate) Community Room Charlene B. 4:30pm - 5:25pm | Power Pump Community Room Jean D. 4:30pm - 5:25pm | Hatha Yoga Community Room Joanne T. 4:15pm - 5:25pm | Power Pump Community Room Jean D. 4:30pm - 5:25pm | | |
| 5pm | Zumba® Community Room Phil H. 5:30pm - 6:25pm | Zumba® Community Room Phil H. 5:30pm - 6:25pm | Kickboxing Community Room Lisa G. 5:30pm - 6:25pm | Fierce-Fast & Furious Community Room Sherrie D. 5:30pm - 6:25pm | | | |
| 6pm | PiYo Community Room Maria O 6:30pm - 7:25pm | Pickle Ball Gym Member Led 6:30pm - 8:30pm | Cycling Community Room Shawn B. 6:30pm - 7:25pm | POUND Pro Community Room Denise C. 6:30pm - 7:25pm | Pickle Ball Gym Member Led 6:30pm - 8:30pm | | |
| 7pm | | | Aqua Fitness Pool Doreen L 7:30pm - 8:30pm | Beginner Cycling Community Room Timothy M. 7:30pm - 8:15pm | | | |
| | | | Tai Chi Community Room Miralva G. 7:30pm - 8:30pm | | | | |

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