



Spring II 2019
 Scantic Valley YMCA Branch
 May 14th - June 8th

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	Cycling Community Room Sean M. 5:45am - 6:30am	Cycling Community Room Shawn B. 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				
7am						Cycling Community Room Shawn B. 7:15am - 8:15am	
8am	Power Pump Community Room Jen K. 8:30am - 9:25am	Warm Water Conditioning Pool Victoria D. 8:30am - 9:30am	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
	Boomer Boot Camp Gym Sherie J. 8:45am - 9:45am	Circuit Community Room Jen K. 8:30am - 9:25am	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 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	Total Body Community Room Jen K. 9:30am - 10:25am	Zumba® Community Room Denise C. 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		Senior Games Conditioning Gym Victoria D. 10am - 10:45am		Yoga (Gentle to Moderate) Community Room Charlene B. 10am - 11am
					Vinyasa / Flow Yoga (Advanced) Community Room Ace S. 10:40am - 11:30am		
11am			POUND Pro Basic Community Room Victoria D. 11:30am - 12:15pm		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		

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		Zumba® Basic Community Room Denise C. 3pm - 3:45pm		Zumba® Basic Community Room Denise C. 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	Strong Fit HIIT (High Intensity Interval Training) Community Room Murphy C 6:30pm - 7:25pm	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		
		Pickle Ball Gym Member Led 6:30pm - 8:30pm					
7pm	Aqua Fitness Pool Rose W. 7:30pm - 8:30pm		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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