



SUMMER GROUP EXERCISE SCHEDULE

July 5th - August 28th, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30a – 8:30a Barre-Lates w/Arlene In Studio*		7:30a – 8:30a Barre-Lates w/Arlene In Studio*		
9:00a – 10:15a Yoga w/Nancy In Studio	9:30a – 10:30a Zumba w/Sue In Gym	9:00a – 9:45a TBS w/Sue In Gym	9:30a – 10:30a Zumba w/Sue In Gym		9:30a – 10:30a Yoga w/Karen In Gym
11:00a – 11:45a Silver Sneakers w/Laura In Gym	11:00a – 11:45a Silver Sneakers w/Laura In Gym	10:15a – 11:00a Balance & Drumming w/Laura In Gym	9:30a – 10:30a Summer Walking Club w/ Laura @ Lakefront	11:00a – 12:00p Silver Sneakers Yoga w/Karen In Gym	
5:15p – 5:30p Target Abs & Glutes w/ Laura In Gym	5:30p – 6:45p TRX & More w/Tiff In Gym		5:30p – 6:30p Kick-Step w/Karen In Gym		
5:45p – 6:45p Indoor Cycling w/ Ellen In Studio					

* Weather permitting Arlene will hold her Barre-Lattes Class outside at the YMCA.