

DOWNTOWN YMCA JULY GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	
1	June 28 11:15am Kettlefusion– Steph 11:45am Beginner Cycling– Mary 12:15pm Stretch & Tone– Jim 5:30pm StepMix– Betty Ruth	29 11:30am Cycling- Chanda 12:15pm BodyPump Express– Tina 4:30pm Water Aerobics-Mary 5:30pm Pilates– Jeff 6:30pm BodyPump– Sherry	30 11:15am Kettlefusion– Steph 11:45am Beginner Cycling– Mary 12:15pm Stretch & Tone– Paul 5:30pm Zumba–Carmen	July 1 11:30am Cycling– Lynn 12:15pm BodyPump Express – Tina 4:30pm Water Aerobics-Mary 5:30pm Yoga– Jeff 6:30pm BodyPump - Pam	2 12:15pm Stretch & Tone- Jim	3
4	5 NO CLASSES	6 11:30am Cycling-Lynn 12:15pm BodyPump Express– Tina 4:30pm Water Aerobics-Mary 5:30pm Pilates– Jeff 6:30pm BodyPump– Pam	7 11:15am Kettlefusion– Steph 11:45am Beginner Cycling– Mary 12:15pm Stretch & Tone– Paul 5:30pm Zumba- Carmen	8 11:30am Cycling– Lynn 12:15pm BodyPump Express – Tina 4:30 Water Aerobics-Mary 5:30pm Yoga– Jeff 6:30pm BodyPump - Sharon	9 12:15pm Stretch & Tone- Jim	10
11	12 11:15am Kettlefusion– Steph 11:45am Beginner Cycling-Mary 12:15pm Stretch & Tone– Jim 5:30pm StepMix– Betty Ruth	13 11:30am Cycling– Kim 12:15pm BodyPump Express– Tina 4:30pm Water Aerobics-Mary 5:30pm Pilates– Jeff 6:30pm BodyPump–Sherry	14 11:15am Kettlefusion– Steph 11:45am Beginner Cycling– Mary 12:15pm Stretch & Tone– Paul 5:30pm Zumba- Carmen	15 Body Pump New Release 74!!!! 11:30am Cycling–Chanda 12:15pm BodyPump Express–Tina 4:30 Water Aerobics-Mary 5:30pm Yoga- Jeff 6:30pm BodyPump– Pam	16 12:15pm Stretch & Tone- Jim	17
18	19 11:15am Kettlefusion– Steph 11:45am Beginner Cycling– Mary 12:15pm Stretch & Tone– Jim 5:30pm StepMix– Betty Ruth	20 11:30am Cycling-Lynn 12:15pm BodyPump Express– Tina 4:30pm Water Aerobics-Mary 5:30pm Pilates– Jeff 6:30pm BodyPump–Sherry	21 11:15am Kettlefusion– Steph 11:45am Beginner Cycling– Mary 12:15pm Stretch & Tone– Paul 5:30pm Zumba-Carmen	22 11:30am Cycling– Becky 12:15pm BodyPump Express – Tina 4:30pm Water Aerobics-Mary 5:30pm Yoga– Jeff 6:30pm BodyPump - Sharon	23 12:15pm Stretch & Tone- Jim	24
25	26 11:15am Kettlefusion– Steph 11:45am Beginner Cycling– Mary 12:15pm Stretch & Tone– Jim 5:30pm StepMix– Betty Ruth	27 11:30am Cycling- Lynn 12:15pm BodyPump Express– Dee 4:30pm Water Aerobics-Mary 5:30pm Pilates– Jeff 6:30pm BodyPump– Pam	28 11:15am Kettlefusion– Steph 11:45am Beginner Cycling– Mary 12:15pm Stretch & Tone– Paul 5:30pm Zumba–Carmen	29 11:30am Cycling–Chanda 12:15pm BodyPump Express–Gino 4:30pm Water Aerobics-Mary 5:30pm Yoga- Jeff 6:30pm BodyPump– Pam	30 12:15pm Stretch & Tone- Jim ** Instructors are subject to change without notice. **BodyPump Express: Tuesdays omit biceps and triceps. Thursdays omit shoulders and lunes	31