



Campanelli YMCA GROUP EXERCISE FITNESS SCHEDULE

Summer Session: August 22nd - August 26, 2018

WEDNESDAY 8/22			
Time	Class	Instructor	Location
Morning Classes			
6:30 - 7:30 am	Get Started	Anne	Studio 2
8:45 - 9:15 am	SS Yoga	Lisa	Studio 2
9:30 - 10:00 am	PoundFit	Kelli	Studio 2
10:00 - 10:45 am	Zumba Gold	Kelli	Studio 2
11:15 - 12:15 am	SS Yoga (Waitlist)	Lisa	Studio 2
Evening Classes			
6:00 - 7:00 pm	Yoga	Diana	Studio 1
6:30 - 7:30 pm	Zumba Toning	Jacquie	Studio 2
7:30 - 8:00 pm	MixedFit	Jacquie	Studio 2

FRIDAY 8/24			
Time	Class	Instructor	Location
Morning Classes			
6:30 - 7:30 am	Get Started	Anne	Studio 2
9:15 - 10:00 am	Cardio Blitz	Andrea	Studio 2
10:00 - 10:30 am	Core N More	Andrea	Studio 1
10:00 - 10:45 am	Zumba Gold	Kelli	Studio 2
Evening Classes			
6:30 - 7:30 pm	Zumba**	Caryn	Studio 2

SATURDAY 8/25			
Time	Class	Instructor	Location
7:10 - 8:10 am	Yoga Mix	Lisa	Studio 2
8:15 - 9:00 am	Spin	Lisa	Studio 1
9:00 - 10:00 am	BodyPump	Atije	Studio 2
10:15 - 11:00 am	Zumba**	Kelli	Studio 2

SUNDAY 8/26			
Time	Class	Instructor	Location
8:30 - 9:00 am	X-Press	Atije	Studio 1
10:00 - 11:00 am	Yin Yoga	Megan	Studio 2

THURSDAY 8/23			
Time	Class	Instructor	Location
Morning Classes			
7:30 - 8:00 am	Morning Madness	Kathy	Studio 2
8:15 - 8:45 am	Tai Chi	Kathy	Studio 2
9:15 - 10:00 am	Spin	Andrea/Tiffany	Studio 1
9:30 - 10:15 am	SS Circuit	Kathy	Studio 2
10:15 - 10:45 am	Flex	Andrea	Studio 1
10:25 - 11:05 am	SS Classic	Kathy	Studio 2
Evening Classes			
6:00 - 7:00 pm	BodyPump/HIIT	Jamie	Studio 2
7:15 - 8:15 pm	Zumba**	Kelli	Studio 2

***HIGHLIGHTED BOXES** are PAID PREMIUM classes. Drop-in fees: Members: \$6/per class | Community: \$9/per class. Members can also sign up for the Y's "FitPlus" program for an additional \$20 per adult, per month and take all classes. Please register for classes at the front desk. The Y reserves the right to cancel classes due to low enrollment, and may change instructors when necessary.

****FAMILY CLASSES.** Children are welcome to participate with a parent. Members only. **Kids Yoga is a \$5 Drop In Fee.