

# BERWICK AREA YMCA GROUP EXERCISE SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 6:45 AM		BOOT CAMP (STUDIO)	SWEAT AND STRETCH (POOL DECK) (6:00-6:30AM)	BOOT CAMP (STUDIO)		
8:00 AM - 8:45 AM	CIRCUIT SCRAMBLE (STUDIO)	PILATES (STUDIO)	CIRCUIT SCRAMBLE (STUDIO)	PILATES (STUDIO)	STRETCH (STUDIO)	BLAST (STUDIO) (8:00-9:00AM)
9:00 AM - 9:50 AM	ZUMBA (STUDIO)	BODY SHAPING (STUDIO)	ZUMBA (STUDIO)	BODY SHAPING (STUDIO)	ZUMBA (STUDIO)	GROUP POWER (STUDIO) (9:15-10:15AM)
10:00 AM - 10:50 AM	LOW IMPACT (STUDIO)		LOW IMPACT (STUDIO)	ZUMBA 101 (STUDIO) (10:00-10:45AM)	LOW IMPACT (STUDIO)	
11:00 AM - 11:50 AM	SILVER SNEAKERS CLASSIC (STUDIO)	SILVER SNEAKERS YOGA (STUDIO)	SILVER SNEAKERS CLASSIC (STUDIO)	SILVER SNEAKERS YOGA (STUDIO)	SILVER SNEAKERS CLASSIC (STUDIO)	
4:00 PM - 4:50 PM		ZUMBA (STUDIO)		ZUMBA (STUDIO)		
5:00 PM - 5:50 PM	CARDIO SCULPT (STUDIO)	YOGA (STUDIO)	CARDIO SCULPT (STUDIO)	YOGA (STUDIO)		
6:00 PM - 7:00 PM		GROUP POWER (STUDIO)		GROUP POWER (STUDIO)		