

BERWICK AREA YMCA GROUP EXERCISE SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM - 6:30 AM	POWER 30 (STUDIO) (5:30-6:00AM)	BOOT CAMP (STUDIO) (5:30-6:15AM)	SWEAT AND STRETCH (POOL DECK) (6:00-6:30AM)	BOOT CAMP (STUDIO) (5:30-6:15AM)		
8:00 AM - 8:45 AM	CIRCUIT SCRAMBLE (STUDIO)	PILATES (STUDIO)	CIRCUIT SCRAMBLE (STUDIO)	PILATES (STUDIO)	STRETCH (STUDIO)	GROUP 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)	ZUMBA GOLD (STUDIO)	LOW IMPACT (STUDIO)	ZUMBA GOLD (STUDIO)	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	BOOT CAMP (STUDIO) (6:00-6:45PM)	GROUP POWER (STUDIO)	BOOT CAMP (STUDIO) (6:00-6:45PM)	GROUP POWER (STUDIO)		
7:15 PM - 7:45 PM		BLAST 30 (STUDIO)		BLAST 30 (STUDIO)		