BERWICK AREA YMCA
GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM – 6:15 AM		BOOT CAMP		BOOT CAMP		
8:00 AM – 8:45 AM	CIRCUIT SCRAMBLE	PILATES	CIRCUIT SCRAMBLE	PILATES	STRETCH	CARDIO SURGE
9:00 AM – 9:50 AM	ZUMBA	BODY SHAPING	ZUMBA	BODY SHAPING	ZUMBA	GROUP POWER (9:00-10:00AM)
10:00 AM – 10:50 AM	LOW IMPACT	ZUMBA GOLD	LOW IMPACT	ZUMBA GOLD	LOW IMPACT	
11:00 AM – 11:50 AM	SILVER SNEAKERS CLASSIC	SILVER SNEAKERS YOGA	SILVER SNEAKERS CLASSIC	SILVER SNEAKERS YOGA	SILVER SNEAKERS CLASSIC	
12:00 PM – 12:45 PM	MOVEMENT AND MOTIVATION		MOVEMENT AND MOTIVATION			
1:00 PM – 1:45 PM		TAI CHI				
4:00 PM – 4:50 PM		ZUMBA		ZUMBA		
5:00 PM – 5:50 PM	CARDIO SCULPT	YOGA	CARDIO SCULPT	YOGA		
6:00 PM – 7:00 PM	POWER UP KIDS (6:00-6:45PM)	GROUP POWER	POWER UP KIDS (6:00-6:45PM)	GROUP POWER		