

# 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	
9:00 AM - 9:50 AM	ZUMBA	BODY SHAPING	ZUMBA	BODY SHAPING	ZUMBA	
10:00 AM - 10:50 AM	LOW IMPACT		LOW IMPACT		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			
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		GROUP POWER		GROUP POWER		