

BERWICK AREA YMCA GROUP EXERCISE SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM - 6:15 AM	GROUP POWER (5:15-6:15AM)	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	STRONG NATION (HIIT KICKBOXING) (10:15-10:45AM)
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	STRONG NATION (HIIT KICKBOXING) (4:15-4:45PM)	ZUMBA	STRONG NATION (HIIT KICKBOXING) (4:15-4:45PM)	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		