



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-6:30 Dumbbells for Dumbbells Lee		6:00-6:30 Dumbbells for Dumbbells Lee		
7:45 - 8:45 Breakfast Club Claudia Studio	8:00 - 9:00 SILVER SNEAKERS® Marisa Studio	7:45 - 8:45 Breakfast Club Club Claudia Studio	8:00 - 9:00 Get Pumped Marisa Studio	7:45 - 8:45 Breakfast Club Claudia Studio	8:00 - 9:00 Step	8:15 - 9:15 Weekend Step w/ ABS Juli Studio
9:15 - 10:15 Cardio Blast Peggy	9:15 - 10:15 Boot Camp Kerry	9:15 - 10:15 Interval Marisa	9:15 - 10:15 High Energy Step & Tone Juli	9:15 - 10:15 Kickboxing Marisa	8:00-9:00 Zumba Cristina Studio	9:20 - 9:50 Weekend Weight Training Juli
10:20 - 11:20 Toning Peggy	10:20 - 11:20 Tone w/ abs Dee	10:20 - 11:20 Toning Marisa	10:20 - 11:20 Tone w/abs Juli	10:20 - 11:20 Zumba Annette	9:15-10:15 Zumba Blythe Studio	
10:30 - 11:30 SILVER SNEAKERS® Studio		11:30 - 12:30 SILVER SNEAKERS® Studio		10:20-11:20 Weights, Bands & Balls Juli	10:20 - 10:50 Awesome Abs Blythe Studio	
		12:30 - 1:30 YO CHI Claudia Studio		11:30 - 12:30 Silver sneakers® Studio		
4:30-5:30 Zumba Blythe Studio		4:30 - 5:30 Zumba Blythe Studio				
5:30-6:30 Tone Zone Blythe Studio	5:30 - 6:30 ZUMBA Elizabeth	5:45-6:45 Midweek Step Juli Studio	5:30-6:30 ZUMBA Delith	5:45-6:45 Toning Juli		
	6:45 - 7:45 Drums Alive® Kerry Studio		6:45 - 7:45 Kickboxing Daniela Studio			

203.775.4444 ext.9

Classes may be moved into the aerobics studio by YMCA Directors at any time due to class size, temperature in gym, events, etc.