



# Group Exercise Schedule

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Morning Classes in the Gymnasium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 am Sunrise Pickup Basket Ball		6:00 am Sunrise Pickup Basket Ball		
7:15am Darnamics Darlene (M/H)	7:15am Darnamics Darlene (M/H)	7:15am Darnamics Darlene (M/H)	7:15am Darnamics Darlene (M/H)		
9:00 am Silver Sneakers I Classic Phyllis (M)		9:00 am Silver Sneakers I Classic Shawna (M)		9:00am Shawna <b>SILVER&amp;FIT</b> EXPLORE	
10:30 am Balance /Phyllis (L)		10:30 am Balance Phyllis (L)			10:15 am Power Pump Lisa (H)
	11:15 am Low-Intensity Yoga Carmen (L)		11:15 am Low-Intensity Yoga Carmen (L)		
	12:15 am Low-Intensity Yoga Carmen (L)		12:15 pm Low-Intensity Yoga Carmen (L)		
					<b>Abbreviation Key:</b> <b>Intensity Level:</b> <ul style="list-style-type: none"> <li>• H - High</li> <li>• M - Medium</li> <li>• L - Low</li> </ul>

## Afternoon/Evening Classes in the Gymnasium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturdays
2:00pm Fitness with Phyllis Phyllis(M)  NEW CLASS					
4:00 pm FIT for kids Class Phyllis(L)	5:30 pm Power Pump Shawna (H)	5:30 pm Power Pump Shawna (H)	6:00 pm "HIIT It" Your All Josh (H)		
5:30 pm Power Pump Lisa (H)					

For more information on these classes, please contact the Shenango Valley YMCA front desk.

# GROUP EXERCISE

## Morning Classes- Get your day started right!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am Cycling Susan (H-S)		5:30 am Cycling Susan (H-S)		5:30 am Cycling Susan (H-S)	8:00 am Cycling Pat (H-S)	9:00 am Boot camp Lisa (H-A)
6:00 am Boot Camp Susan (H-A)	6:00 am Pilates Karen (L-U)	6:00 am Boot Camp Susan (H-A)		6:00 am Boot Camp Susan (H-A)	9:00 am Super Saturday II Lisa (H-A)	9:00 am Cycling Various (H-S)
8:00 am Cycling Darlene (H-S)	8:00 am Cycling Darlene (H-S)	8:00 am Cycling Lori (H-S)	8:00 am Cycling Darlene (H-S)			
8:30 am Beg .Line Dance Karen (L-A)	8:30 am Beg. Line Dance Karen (L-A)	8:30 am Beg. Line Dance Karen (L-A)	8:30 am Beg .Line Dance Karen (L-A)			
9:00 am Line Dance Karen (M-A)	9:00 am Line Dance Karen (M-A)	9:00 am Line Dance Karen (M-A)	9:00 am Line Dance Karen (M-A)	10:00 am Shawna <b>SILVER&amp;FIT</b> EXCEL		
10:00 am Zumba Karen (M-A)	10:00 am Move and Groove Carmen(M-A)	10:00 am Zumba Karen (M-A)	10:00 am Total Conditioning Carmen (M-A)			

**Abbreviation Key:**  
Intensity Level:

- H - High
- M - Medium
- L - Low

## Afternoon/Evening Classes – Prepare for a good night’s rest with a great workout after work or school!

Monday	Tuesday	Wednesday	Thursday
	4:15 pm HIIT IT!! Shawna (H-A)		4:15 pm Zumba Toning Karen (H-A)
5:15 pm Totally Toning Susan (M-A)	5:15 pm Yoga for Core Strength Carmen (L-U)	5:15 pm Totally Toning Susan (M-A)	5:15 pm Yoga for Core Strength Carmen (L-U)
5:30 pm Cycling Lori (H-S)			
	5:30 pm Cycling Terri (H-S)		5:30 pm Cycling Terri (H-S)
6:15 pm Boot Camp Susan (H-A)	6:15 pm Healthier Life Yoga Carmen (L-U)	6:15 pm Boot Camp Susan (H-A)	6:15 pm Healthier Life Yoga Carmen (L-U)
	6:15 pm Power Step Heather (H-A)		6:15 pm Power Step Heather (H-A)
	7:15 pm Tone 10 Heather (H-A)		7:15 pm Tone 10 Heather (H-A)

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