



CLC YMCA GROUP FITNESS

FALL 2022: September 5th-October 22nd

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:45am KETTLEBELLS Mary Snow	6:00-7:00am YOGA Mary Snow	6:00-6:45am KETTLEBELLS Mary Snow	6:00-6:30am YOGA FOR STRENGTH Mary Snow	6:00-6:45am KETTLEBELLS Mary Snow	
	6:00-6:45am TOTAL BODY CHALLENGE Becky Drum		6:00-6:45am TOTAL BODY CHALLENGE Becky Drum			
	7:00 - 7:45am HATHA YOGA Marcia Camino		7:45 - 8:45am YOGA FLOW Steph Winchenbach		7:00 - 7:45am HATHA YOGA Marcia Camino	9:00-10:00am HEAVY WEIGHT TRAINING Becky Drum
	8:00-9:00am LIVING FIT Robin Maginn	8:00-8:45am PILATES Cynthia Fort	8:00-9:00am LIVING FIT Robin Maginn	8:00-8:45am PILATES Cynthia Fort	8:00-9:00am LIVING FIT Robin Maginn	
	9:00-10:00am STRENGTH & CARDIO Sarah Neumann	9:00-10:00am STRENGTH & CARDIO Becky Drum	9:00-10:00am STRENGTH & CARDIO Sarah Neumann			
		9:15-10:15am CYCLING Cynthia Fort	9:00-10:00am BARRE BURN Becky Drum	9:15-10:15am CYCLING Cynthia Fort		
		10:30-11:30am STRENGTH TRAINING Cynthia Fort		10:30-11:30am STRENGTH TRAINING Cynthia Fort	9:00-10:00am REST & RECOVERY Sarah Neuma nn	
	12:00-12:30pm LUNCH TIME SYNERGY Lauren Ober	12:00-1:00pm CARDIO TENNIS Georgia Ahlers	12:00-12:30pm LUNCH TIME SYNERGY Lauren Ober			
	4:45-5:45pm PiYo Tanya Albert	4:15-5:00pm CYCLING Sarah Plummer		4:15-5:00pm CYCLING Sarah Plummer	FREE FOR MEMBERS Nonmembers: \$10/Class **Please register in advance online or at the Welcome Center	
	6:00-7:00pm TURN UP DANCE FITNESS Erica Genthner	5:45-6:45pm TOTAL BODY CHALLENGE Hannah Meneses	5:00-6:00pm CARDIO TENNIS Georgia Ahlers	5:00-6:00pm TABATA STRENGTH Melissa Howard	LOCATIONS: FITNESS STUDIO GYMNASIUM CYCLING STUDIO FUNCTIONAL FITNESS SYNERGY	