



CLC YMCA GROUP FITNESS

SUMMER 2022: June 20th-August 27th

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	
	7:00-7:45am CYCLING Sarah Plummer	8:00-9:00am STRENGTH & CARDIO Becky Drum	7:00-7:45am CYCLING Sarah Plummer	8:00-8:45am PILATES Cynthia Fort	8:00-9:00am LIVING FIT Robin Maginn	9:00-10:00am HEAVY WEIGHT TRAINING Becky Drum
	8:00-9:00am LIVING FIT Robin Maginn	8:00-8:45am PILATES Cynthia Fort	7:45 - 8:45am YOGA FLOW Steph Winchenbach	9:15-10:15am CYCLING Cynthia Fort	8:15-9:00am TRX & STRENGTH Caitlin Betts	
	9:00-10:00am STRENGTH & CARDIO Sarah Neumann	9:15-10:15am CYCLING Cynthia Fort	8:00-9:00am LIVING FIT Robin Maginn	10:30-11:30am STRENGTH TRAINING Cynthia Fort	9:00-10:00am REST & RECOVERY Sara Neuman	
	6:00-7:00pm TURN UP DANCE FITNESS Erica Genthner	10:30-11:30am STRENGTH TRAINING Cynthia Fort	9:00-10:00am STRENGTH & CARDIO Sarah Neumann	5:00-6:00pm TABATA STRENGTH Melissa Howard	6:00-7:00pm HIGH INTENSITY CIRCUIT TRAINING Ciara Salerno	
		5:45-6:45pm TOTAL BODY CHALLENGE Hannah Meneses	9:00-10:00am BARRE BURN Becky Drum			
FREE FOR MEMBERS Nonmembers: \$10/Class **Please register in advance online or at the Welcome Center			4:30-5:30pm PIYo Tanya Albert			
LOCATIONS: FITNESS STUDIO GYMNASIUM CYCLING STUDIO FUNCTIONAL FITNESS			5:45-6:30pm BOOTY & CORE Tanya Albert			