



SPECIAL CLASS SCHEDULE

June 11 - June 17

Ridley Area YMCA



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www.cyedc.org



610.259.1661

ADULT FITNESS CLASSES (13+)

All classes will be held in the Studio.

Monday, June 11

TRX Boot Camp with Stephanie 5:30-6:30am
Cycle with Cindy 9:15-10am
PIYO with Joanne 10:15-11:15am
Senior Strength and TRX with Amanda 11:30am-12:15pm
Low Impact Cardio with Jean 1-1:45pm
Cycle with Tiffany 5-5:45pm
Mat Pilates with Kathy 6-7pm

Tuesday, June 12

Boot Camp with Alyssa 5:15-6:10am
Silver Sneaker Classic with Jean 9:15-10am
Cycle with Cindy 10:30am-11am
Kettlebells with Cindy 11:05-11:35am
Power Yoga with Cindy 11:40am-12:25pm
Better Balance with Amanda 12:30-1:15pm
TRX Circuit with Tiffany 5-5:45pm
Cycle/Abs with Tiffany 6-7pm
Slow Flow with Pooja 7:15-8:15pm

Wednesday, June 13

Cycle with Rhonda 5:30-6:15am
Senior Strength with Amanda 10:45-11:30am
Silver Sneaker Yoga with Jean 11:30am-12:15pm
Silver Sneaker Circuit with Jean 12:15-1pm
Low Impact Cardio with Amanda 1-1:45pm
Mat Pilates with Lorraine 6-6:55pm
Vinyasa with Amanda 7-8pm

Thursday, June 14

Pilates Flow with Dana 5:30-6:25am
Silver Sneaker Classic with Jean 9:15-10am
Power Yoga with Cindy 10:30-11:45am
Kinesis Circuit with Cindy 12-12:30pm (wellness center)
Gentle Yoga with Janine 12:30-1:15pm
TRX Circuit with Monica 5-5:45pm
Power Yoga with Alison 6-7pm
Vinyasa with Lorraine 7:15-8:15pm

Friday, June 15

Early Bird Power Yoga with Cindy 5:30-6:15am
Power Cycle with Cindy 9:15-10:15am
Vinyasa with Lorraine 10:30-11:30am
Low Impact Cardio with Amanda 1-1:45pm

Saturday, June 16

America **RED, WHITE & BLUE** Beginner Cycle
with Rhonda 8:30-9am
America **RED, WHITE & BLUE** Ride
with Rhonda 9:15-10:15am
PIYO with Lorraine 11:15-12pm

Sunday, June 17

T'ai Chi Chih with Mary 11:15am-12:15pm
Vinyasa and Meditation with Janine 4:30-5:45pm

SUMMER PROGRAMS & CLASSES

Summer 1
June 18-July 22

Summer 2
July 23-August 26

Don't forget to
register for your favorite
fitness classes.