



VIRTUAL ADULT GROUP EXERCISE

Effective 9.8.2020 Pre registration is required.
 CYEDC.ORG 610.557.YMCA (9622)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM Fit for Life 50 + w/ Jess	8:00AM Mindfulness Yoga w/ Curt	8:30AM Fit for Life 50 + w/ Jess	11:00AM Silver Sneaker Yoga w/ Fran	6:00AM Cycle w/ Brittany	10:15AM Senior Strength w/ Amanda
9:30AM Zumba w/ Nikki	12:45PM Better Balance w/ Amanda	9:00AM Yoga w/ Lorraine	11:30AM Zumba w/ Amanda	8:00AM Body Pump w/ Lorraine	
12:00PM Qigong w/ Curt	5:00PM PIYO w/ Nancy	9:30AM Zumba w/ Nikki	12:45PM Gentle Yoga w/ Amanda	8:00AM Zumba w/ Maria	
6:15PM Cardio Dance w/	7:00PM Fit for Life 50 + w/ Jess	6:00PM Dance Fitness w/ Pam	5:15PM POUND w/ Lisa	8:30AM Fit for Life + 50 w/ Jess	
		6:30PM Body Combat w/ Lorraine	6:05PM Zumba w/ Cyndi	5:30PM Mindfulness Yoga w/ Curt	
			6:30PM Core w/ Lorraine	6:30PM Zumba w/ Vonda	
			7:00PM Fit for Life 50 + w/ Jess		