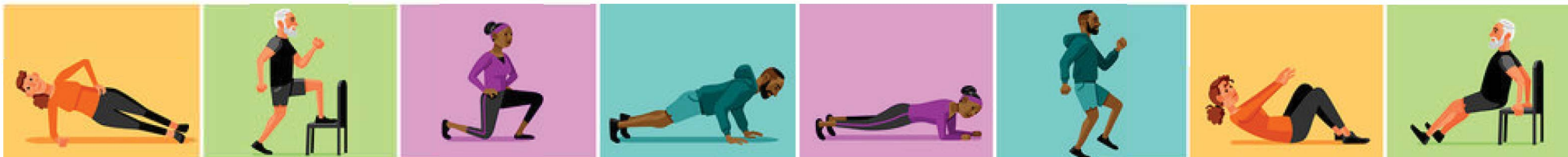


# VIRTUAL EXERCISE SCHEDULE

## EFFECTIVE JANUARY 4TH



Time	Class	Instructor	Time	Class	Instructor
<b>Monday:</b>			<b>Thursday:</b>		
8:30am	Fit For Life 50+	Jess	9:30am	Tai Chi/Qigong	Curt
9:30am	Zumba	Nikki	10:15am	Low Impact Cardio	Lorraine
6:15pm	Cardio Dance	Miriam	11am	Silver Sneaker Yoga	Fran
6:30pm	Barre Strength	Amanda	11:30am	Zumba Gold	Amanda
<b>Tuesday:</b>			<b>Friday:</b>		
8am	Les Mills Body Attack	Brittany	6am	Cycle	Brittany
12:45pm	Better Balance	Amanda	8am	Body Pump	Lorraine
5pm	PiYo	Nancy	8am	Zumba	Maria
5pm	HIIT	Rhonda	8:30am	Fit For Life 50+	Jess
7pm	Fit For Life 50+	Jess	9am	Barre	Brittany
<b>Wednesday:</b>			<b>Saturday:</b>		
8:30am	Fit For Life 50+	Jess	10:15am	Senior Strength	Amanda
9am	Yoga	Lorraine	<b>Sunday:</b>		
9:30am	Zumba	Nikki	No Classes		
10am	Les Mills CX	Lorraine			
4pm	HIIT	Brittany			
5:30pm	Vinasya Yoga	Curt			
6pm	Dance Fitness	Pam			
6:30pm	Body Combat	Lorraine			

Please continue check our fitness APP to stay updated on class changes & class add ons!

Visit [cyedc.org](http://cyedc.org) to register for classes.

Outdoor classes at Ridley Area YMCA & Lansdowne YMCA will be updated daily on our APP.