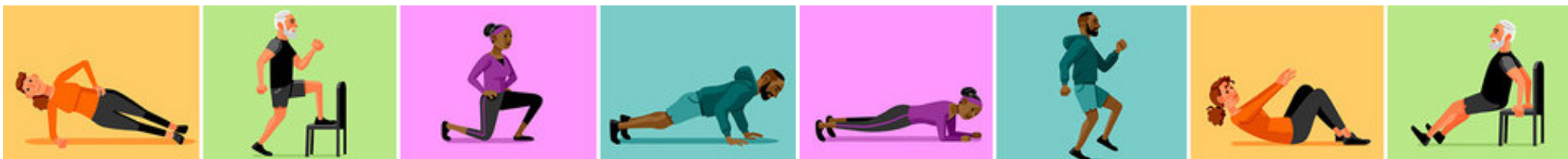


# VIRTUAL EXERCISE SCHEDULE

## Late Spring Session: April 26th – June 6th



Time	Class	Instructor	Time	Class	Instructor
<b>MONDAY:</b>			<b>THURSDAY:</b>		
<b>Virtual Zoom Class:</b>			<b>Virtual Zoom Class:</b>		
8:30am	Fit For Life 50+	Jess	11am	Silver Sneaker Yoga	Fran
6:15pm	Cardio Dance	Miriam	4pm	HIIT	Brittany
<b>YWellness 24/7:</b>			6:05pm	Zumba	Cyndi
6:30pm	Barre Strength	Amanda	7pm	Fit For Life 50+	Jess
<b>TUESDAY:</b>			<b>YWellness 24/7:</b>		
<b>Virtual Zoom Class:</b>			9:30am	Tai Chi/Qigong	Curt
5pm	HIIT	Rhonda	11:30am	Zumba Gold	Amanda
6pm	POUND	Lisa	12:45pm	Gentle Yoga	Amanda
7pm	Fit For Life 50+	Jess	<b>FRIDAY:</b>		
<b>YWellness 24/7:</b>			<b>Virtual Zoom Class:</b>		
8am	HIIT	Brittany	8am	Zumba	Maria
12pm	Zumba Burst	Nikki	8:30am	Fit For Life 50+	Jess
12:45pm	Better Balance	Amanda	9am	Barre	Brittany
5pm	PiYo	Nancy	<b>YWellness 24/7:</b>		
<b>WEDNESDAY:</b>			6am	Cycle	Brittany
<b>Virtual Zoom Class:</b>			8am	Les Mills Body Pump	Lorraine
8:30am	Fit For Life 50+	Jess	5:30pm	Mindfulness For Stress	Curt
12pm	Vinasya Yoga	Curt	<b>SATURDAY:</b>		
<b>YWellness 24/7:</b>			<b>Virtual Zoom Class:</b>		
6pm	Dance Fitness	Pam	No Classes		
			<b>YWellness 24/7:</b>		
			10:15am S	Senior Strength	Amanda
			<b>SUNDAY:</b>		
			No Classes		

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.

**YWellness** 24/7

For more info or help with YWellness visit:

[cyedc.org/ywellness-247](http://cyedc.org/ywellness-247)