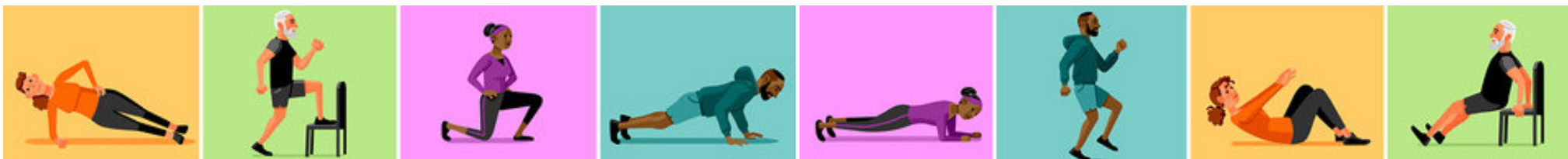


VIRTUAL EXERCISE SCHEDULE

Summer Session: June 21st – August 29th



Time	Class	Instructor	Time	Class	Instructor
MONDAY:			THURSDAY:		
Virtual Zoom Class:			Virtual Zoom Class:		
8:30am	Fit For Life 50+	Jess	11am	Silver Sneaker Yoga	Fran
YWellness 24/7:			3:30pm	HIIT	Brittany
6:30pm	Barre Strength	Amanda	6:05pm	Zumba	Cyndi
TUESDAY:			YWellness 24/7:		
Virtual Zoom Class:			9:30am	Tai Chi/Qigong	Curt
6pm	POUND	Lisa	11:30am	Zumba Gold	Amanda
YWellness 24/7:			12:45pm	Gentle Yoga	Amanda
8am	Bootcamp	Brittany	FRIDAY:		
12pm	Zumba Burst	Nikki	Virtual Zoom Class:		
12:45pm	Better Balance	Amanda	8am	Zumba	Maria
5pm	PiYo	Nancy	8:30am	Fit For Life 50+	Jess
WEDNESDAY:			9am	Barre	Brittany
Virtual Zoom Class:			YWellness 24/7:		
8:30am	Fit For Life 50+	Jess	6am	Cycle	Brittany
12pm	Vinasya Yoga	Curt	5:30pm	Mindfulness For Stress	Curt
YWellness 24/7:			SATURDAY:		
6pm	Dance Fitness	Pam	Virtual Zoom Class:		
			No Classes		
			YWellness 24/7:		
			10:15am S	Senior Strength	Amanda
			SUNDAY:		
			No Classes		

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

Visit cyedc.org to register for classes.

YWellness 24/7

For more info or help with YWellness visit:

cyedc.org/ywellness-247