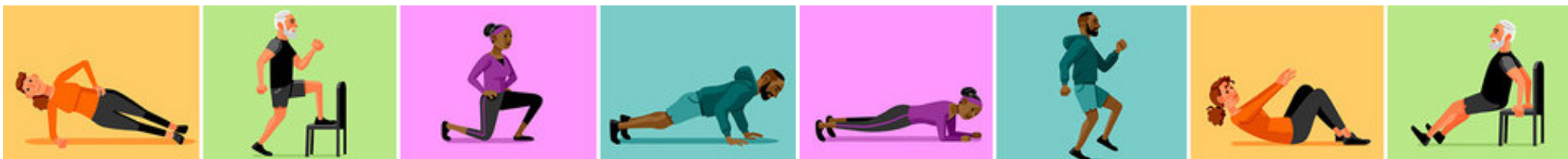


# VIRTUAL EXERCISE SCHEDULE

Early Fall Session: September 7th - October 24th



**Time**      **Class**

**Instructor**

**Time**      **Class**

**Instructor**

**MONDAY:**  
**Virtual Zoom Class:**  
 8:30am      Fit For Life 50+      Jess  
**YWellness 24/7:**  
 6:30pm      Barre Strength      Amanda

**TUESDAY:**  
**Virtual Zoom Class:**  
 6pm      POUND      Lisa  
**YWellness 24/7:**  
 8am      Bootcamp      Brittany  
 9:30am      PiYo      Nancy  
 12pm      Zumba Burst      Nikki  
 12:45pm      Better Balance      Amanda

**WEDNESDAY:**  
**Virtual Zoom Class:**  
 8:30am      Fit For Life 50+      Jess  
**YWellness 24/7:**  
 12pm      Vinasya Yoga      Curt  
 6pm      Dance Fitness      Pam

**THURSDAY:**  
**Virtual Zoom Class:**  
 9am      Les Mills Body Attack      Brittany  
 11am      Silver Sneaker Yoga      Fran  
 6:05pm      Zumba      Cyndi  
**YWellness 24/7:**  
 9:30am      PiYo      Nancy  
 9:30am      Tai Chi/Qigong      Curt  
 11:30am      Zumba Gold      Amanda

**FRIDAY:**  
**Virtual Zoom Class:**  
 8am      Zumba      Maria  
 8:30am      Fit For Life 50+      Jess  
 9am      Barre      Brittany

**YWellness 24/7:**  
 6am      Cycle      Brittany  
 5:30pm      Mindfulness For Stress Curt

**SATURDAY:**  
**Virtual Zoom Class:**  
 No Classes  
**YWellness 24/7:**  
 10:15am      Senior Strength      Amanda

**SUNDAY:**  
 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.

For more info or help with YWellness visit:  
[cyedc.org/ywellness-247](http://cyedc.org/ywellness-247)