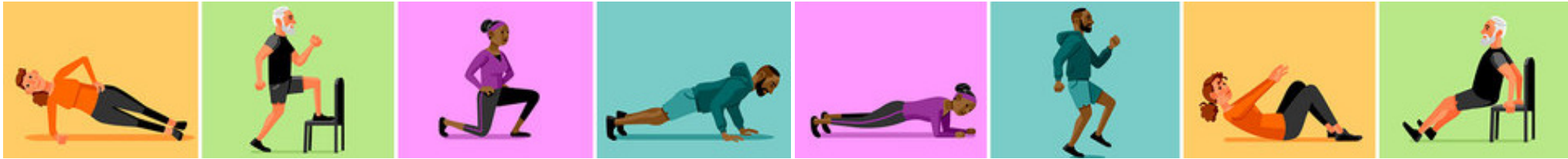


VIRTUAL EXERCISE SCHEDULE

Winter Session: January 3rd – February 20th



| Time | Class | Instructor | Time | Class | Instructor |
|----------------------------|---------------------|------------|----------------------------|------------------------|------------|
| MONDAY: | | | THURSDAY: | | |
| Virtual Zoom Class: | | | Virtual Zoom Class: | | |
| 8:30am | Fit For Life 50+ | Jess | 9am | Les Mills Body Attack | Brittany |
| YWellness 24/7: | | | 11am | Silver Sneaker Yoga | Fran |
| 6:30pm | Barre Strength | Amanda | 6pm | Pound | Lisa |
| TUESDAY: | | | 6:05pm | Zumba | Cyndi |
| Virtual Zoom Class: | | | YWellness 24/7: | | |
| 6pm | POUND | Lisa | 9:30am | PiYo | Nancy |
| YWellness 24/7: | | | 9:30am | Tai Chi/Qigong | Curt |
| 6:15am | Bootcamp | Brittany | 11:30am | Zumba Gold | Amanda |
| 9:30am | PiYo | Nancy | FRIDAY: | | |
| 12pm | Zumba Burst | Nikki | Virtual Zoom Class: | | |
| 12:45pm | Better Balance | Amanda | 8am | Zumba | Maria |
| WEDNESDAY: | | | 8:30am | Fit For Life | Jess |
| Virtual Zoom Class: | | | 9am | Barre | Brittany |
| No Classes | | | YWellness 24/7: | | |
| YWellness 24/7: | | | 6am | Cycle | Brittany |
| 8am | Cycle | Brittany | 5:30pm | Mindfulness For Stress | Curt |
| 8:30am | Fit For Life | Jess | SATURDAY: | | |
| 9am | Core & Stretch | Brittany | Virtual Zoom Class: | | |
| 12pm | Vinasya Yoga | Curt | No Classes | | |
| 4:30pm | Functional Strength | Brittany | YWellness 24/7: | | |
| 6pm | Dance Fitness | Pam | 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 to register for classes.

YWellness 24/7

For more info or help with YWellness visit:

cyedc.org/ywellness-247