



# YMCA of Steuben County Summer

## Group Fitness Classes

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:30am		Core Conditioning (17)		Core Conditioning (17)		
5:45am	Cycle(1)		Cycle(1)		Cycle(1)	
6:00am						
8:00am		Sweat & Sculpt (2)		Sweat & Sculpt (2)	Beg. Pilates (9:15am)	
8:15am	Step it up (15)		Step it up (15)		Step it up (15)	Sweat & Sculpt (2)
8:15am	Pilates Plus (5)		Pilates (3)		Pilates Plus (5)	Pilates (17) 8:15am
9:00am	Tone (15)	Silversneakers 2	Tone (15)		Tone (15)	
10:00am	SilverSneakers 1 (5)		SilverSneakers 1 (5)		SilverSneakers 1 (5)	
10:15am						
11:00am	Silversneakers 1 (5)		Silversneakers 1 (5)	Silversneakers 2	Silversneakers 1 (5)	
Noon			Yoga (2)			
3:00pm	Pilates (14)		Pilates (14)	Pilates (14)		
4:00pm	Combofit (19)		Combofit (19)			
4:30pm		Step (18)		Step (18)		
5:00pm		WOW (6)		WOW (6)		
5:30pm	Step/Kick (7)		Step/Kick (7)			
6:00pm						
6:00pm		Cycle(9)		Cycle(9)		
6:45pm						

Instructors: Kathy V(1), Karen S. (2), Anne S(3),Christina K(4),Cathy H(5),Shawn S(6),Pat D(7),Martha C(9), Christy T(11),Amanda L(14),Cindy K(15), Leah 17), Deb P (20), Kelly K (18), Lisa (19)

\* This schedule is subject to change without notice.

\* Highlighted classes are held upstairs in the fit lab