



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

SUMMER 2020– BY RESERVATION FOR MEMBERS ONLY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Barbell Strong 6:00AM-6:30AM (Mark)		Barbell Strong 6:00AM-6:30AM (Mark)		Intensity 6:00AM-6:30AM (Jaydelise)		
Water Aerobics 8:00AM - 9:00AM	Water Aerobics 8:00AM - 9:00AM	Water Aerobics 8:00AM - 9:00AM	Water Aerobics 8:00AM - 9:00AM	Water Aerobics 8:00AM - 9:00AM	Zumba 9:00AM – 9:45AM (Giovanni/Alexis)	
Stretch and Flex 9:00AM - 10:00AM (Bob)	Senior Fit– Chair Yoga 9:00AM - 10:00AM (George)	Stretch and Flex 9:00AM - 10:00AM (Bob)	Senior Fit 9:00 AM - 10:00AM (Bob)	Senior Fit-Taichi 9:00AM - 10:00AM (George)		Intro Crossfit 9:30AM – 10:15AM (Annie O)
				Aqua Fit 9:15AM-10AM (Giovanna)		
Silver Sneakers 10:30AM – 11:30AM (Bob)		Silver Sneakers 10:30AM – 11:30AM (Bob)				
HIIT 4:30PM-5:15PM (Jaydelise)	S.W.E.A.T. 5:30PM – 6:15PM (Agnes)			Yoga 5:30pm-6:30pm (Vibha)		
Yoga 5:30PM-6:30PM (Vibha)			S.W.E.A.T. 5:30PM – 6:15PM (Agnes)			
Zumba @ 6:00PM-6:45PM (Giovanni)			The Bottom Line 6:45PM – 7:15PM (Agnes)			
	Functional Fitness 6:50PM – 7:30PM (Eddie)		Aqua Zumba 7PM - 7:45PM (Malee)			
		Zumba Toning @ 7PM – 7:45PM (Agnes)				

NEW BRITAIN–BERLIN YMCA

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