



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

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)			
Aqua Yoga 8:00AM - 9:00AM	Water Aerobics 8:00AM - 9:00AM	Water Aerobics 8:00AM - 9:00AM	Water Aerobics 8:00AM - 9:00AM	Aqua Yoga 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)			Intro Crossfit 9:30AM - 10:15AM (Annie O)
Silver Sneakers 10:30AM - 11:30AM (Bob)		Silver Sneakers 10:30AM - 11:30AM (Bob)				
	S.W.E.A.T. 5:30PM - 6:15PM (Agnes)					
		Yoga 5:30PM-6:30PM Aerobics Studio (Vibha)	S.W.E.A.T. 5:30PM - 6:15PM (Agnes)			
Indoor Cycling 6pm-6:45pm (Krista) Aerobics Studio			Aqua Zumba 7pm-7:45pm (Giovanna)			
	Functional Fitness 6:50PM - 7:30PM (Eddie)					
		Zumba Toning @ 7PM - 7:45PM (Giovanna)				

**NEW BRITAIN-BERLIN YMCA**

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