



Steve Clark YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Dance Gym 1				7:30PM-8:15PM (Group Fitness) <i>Charis W.</i>			
VIRTUAL-Cycle Multipurpose_Room				8:00PM-9:00PM (Group Fitness) <i>Staff</i>		12:00PM-12:45PM (Group Fitness) <i>Staff</i>	
Open Gym Gym 1				8:30PM-10:00PM (Gym)	5:30AM-9:00PM (Gym)	8:00AM-7:00PM (Gym)	8:00AM-7:00PM (Gym)
Open Gym Gym 2					5:30AM-9:00PM (Gym)	8:00AM-7:00PM (Gym)	8:00AM-7:00PM (Gym)
Cycle 45 Multipurpose_Room					8:30AM-9:15AM (Group Fitness) <i>Kelley R.</i>	8:30AM-9:15AM (Group Fitness) <i>Frances E.</i>	
Muscle Pump Studio A					9:15AM-10:00AM (Group Fitness) <i>Kelley R.</i>		
Chair Yoga Studio B					10:00AM-10:45AM (Group Fitness) <i>Connie R.</i>		
Silver Sneakers® Stability Studio B					10:45AM-11:15AM (Group Fitness) <i>Connie R.</i>		
Beginner Yoga Studio B					12:00PM-1:00PM (Group Fitness) <i>Dayla J.</i>		9:00AM-9:45AM (Group Fitness) <i>Lauren A.</i>
LIVESTREAM-Silver Circuit Multipurpose_Room					1:00PM-1:45PM (Group Fitness) <i>YMCA360 V.</i>		
Powerkick Studio A						8:30AM-9:10AM (Group Fitness) <i>Kelley R.</i>	
Zumba® Fitness Studio B						9:00AM-10:00AM (Group Fitness) <i>Jess M.</i>	2:00PM-3:00PM (Group Fitness) <i>Sarah B.</i>
Flow Fusion Studio A						9:15AM-10:00AM (Group Fitness) <i>Kelley R.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL-Body Design Lobby						1:00PM-2:00PM (Group Fitness) YMCA360 V.	
VIRTUAL-Latin Dance Multipurpose_Room							11:00AM-12:00PM (Group Fitness) <i>staff</i>