

KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
MAY 2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	BODYPUMP™ 8:15-9:00 am Katarina	Strength & Conditioning 8:00-8:45 am Dave	Fusion 8:15-9:00 am Katarina	Strength & Conditioning 8:00-8:45 am Dave	Core & More 8:00-8:45 am Dave	Aqua Cycle 9:10-9:50 am Melissa
	On the Ball 9:15-9:45 am Denise		Yoga 9:15-10:00 am Katarina		Strength & Conditioning 9:00-9:45 am Dave	
	Silver Sneakers Circuit 9:15-9:45 am Annette	Healthy Back 9:00-9:45 am Dave	Group Cycling 10:15-10:45 am Katarina	Healthy Back 9:00-9:45 am Dave	Strength & Conditioning 9:00-9:45 am Dave	
	Silver Sneakers Classic 10:00-10:45 am Jen		Silver Sneakers Classic 10:00-10:45 am Annette		Silver Sneakers Classic 9:30-10:15 am Jen	BODYPUMP™ 10:30-11:15 am Melissa
	Zumba® 10:00-10:45 am Annette	Silver Sneakers Yoga 11:00-11:45 am Jen	DRUMS ALIVE 11:00-11:45 am Annette	Silver Sneakers Circuit 10:00-10:45 am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen	
	Cardio Kick-Boxing 5:30-6:15 pm Katarina			Walking Club 2:00-3:00 pm Katarina		Group Cycling 11:00-11:45 am Katarina
	BODYPUMP™ EXPRESS 6:30-7:00 pm Katarina	Pilates 5:15-6:00 pm Annette	BODYPUMP™ 5:00-5:45 pm Melissa	On the Ball 3:00-3:45 am Denise		
		Yoga 6:00-6:45 pm Kaily	BARRE Express 6:00-6:30 pm Erin	Cardio Kick-Boxing 6:15-7:00 pm Katarina		
		Yoga Express 6:30-7:00 pm Erin				

Schedule subject to change. For more information please call the Ken-Ton Branch at (716) 874-5051.

