

KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
JUNE 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 9:00-9:45 am Melissa
	On the Ball 9:15-9:45 am Denise		Yoga 9:15-10:00 am Katarina			
	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		
	Silver Sneakers Classic 10:00-10:45 am Jen		Silver Sneakers Classic 10:00-10:45 am Annette	Yoga 10:00-10:45 am Katarina (Y-Zone)	Silver Sneakers Classic 9:30-10:15 am Jen	Yoga 11:15-12:00 pm Elizabeth *No class June 4th
	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	
	Bootcamp Express 6:00-6:30 pm Alex			Walking Club (On the track) 11:00-11:45 am Katarina		Silver Sneakers Yoga 11:00-11:45 am Jen
		Pilates 5:15-6:00 pm Annette		Group Cycling 11:00-11:45 am Katarina		
	Strength & Conditioning Express 6:45-7:15 pm Alex	Yoga 6:00-6:45 pm Kaily	BODYPUMP™ 5:00-5:45 pm Katarina	On the Ball 5:00-5:45 am Denise		
				Cardio Kick-Boxing 6:15-7:00 pm Katarina No class June 23 rd		

