KEN-TON FAMILY YMCA

GROUP FITNESS SCHEDULE
JULY 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	**BODYPUMP™** 8:15-9:00 am Anthony	**Strength & Conditioning** 8:00-8:45 am **Dave** No class 7/5	**Fusion** 8:15-9:00 am Dani	**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		**Core & More** 9:15-9:45 am Dani		**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 No class 7/5	**Yoga** 10:00-10:45 am Katarina *no class 7/27	**Healthy Back** 9:00-9:45 am Dave		
			Silver Sneakers Classic 10:00-10:45 am Annette	**Yoga** 10:00-10:45 am Katarina (Y-Zone) *no class 7/28	**Silver Sneakers Classic** 9:30-10:15 am Jen	**BODYPUMP™** 10:00-11:00 am Melissa
	Silver Sneakers Classic 10:00-10:45 am Jen	**Silver Sneakers Circuit** 10:00-10:45 am Jen	**DRUMS ALIVE** 11:00-11:45 am Annette	**Silver Sneakers Circuit** 10:00-10:45 am Jen		
	Zumba® 10:00-10:45 am Annette	**Silver Sneakers Yoga** 11:00-11:45 am Jen		**Silver Sneakers Yoga** 11:00-11:45 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 Dani	**Group Cycling** 11:00-11:45 am Katarina No class 7/28		
		Pilates 5:15-6:00 pm Annette	**BODYPUMP™** 5:00-5:45 pm Katarina	**On the Ball** 5:00-5:45 am Denise		
	Strength & Conditioning Express 6:45-7:15 pm Alex	**Yoga** 6:00-6:45 pm Kaily		**Cardio Kick-Boxing** 6:00-6:45 am Katarina No class 7/28		

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

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