

**KEN-TON FAMILY YMCA**  
**GROUP FITNESS SCHEDULE**  
**AUGUST 2022**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	<b>BODYPUMP™</b> 8:15-9:00 am Anthony	<b>Strength &amp; Conditioning</b> 8:00-8:45 am Dave	<b>Fusion</b> 8:00-8:45 am Dani	<b>Strength &amp; Conditioning</b> 8:00-8:45 am Dave	<b>Core &amp; More</b> 8:00-8:45 am Dave	<b>Strength &amp; Conditioning</b> 8:30-9:00 am Dani
	<b>On the Ball</b> 9:15-9:45 am Denise		<b>Core &amp; More</b> 9:00-9:45 am Dani		<b>Strength &amp; Conditioning</b> 9:00-9:45 am Dave	<b>Cardio Interval</b> 9:15-10:00 am Dani
	<b>Silver Sneakers Circuit</b> 9:15-9:45 am Annette	<b>Healthy Back</b> 9:00-9:45 am Dave	<b>Yoga</b> 10:00-10:45 am Katarina	<b>Healthy Back</b> 9:00-9:45 am Dave	<b>Strength &amp; Conditioning</b> 9:00-9:45 am Dave	<b>Aqua Cycle</b> 9:00-9:45 am Melissa
	<b>Silver Sneakers Classic</b> 10:00-10:45 am Jen No class 8/8		<b>Silver Sneakers Classic</b> 10:00-10:45 am Annette	<b>Yoga</b> 10:00-10:45 am Katarina (Member Lounge)		<b>Silver Sneakers Classic</b> 9:30-10:15 am Jen
	<b>Silver Sneakers Classic</b> 10:00-10:45 am Jen No class 8/8	<b>Silver Sneakers Circuit</b> 10:00-10:45 am Jen	<b>DRUMS ALIVE</b> 11:00-11:45 am Annette	<b>Silver Sneakers Circuit</b> 10:00-10:45 am Jen	<b>Silver Sneakers Classic</b> 9:30-10:15 am Jen	<b>BODYPUMP™</b> 10:00-11:00 am Melissa
	<b>Zumba®</b> 10:00-10:45 am Annette	<b>Silver Sneakers Yoga</b> 11:00-11:45 am Jen No class 8/23		<b>Silver Sneakers Yoga</b> 11:00-11:45 am Jen		
	<b>Bootcamp Express</b> 6:00-6:30 pm Alex	<b>Pilates</b> 5:15-6:00 pm Annette	<b>Walking Club (On the track)</b> 11:00-11:45 am Katarina	<b>Group Cycling</b> 11:00-11:45 am Katarina No class 8/25	<b>Silver Sneakers Classic</b> 9:30-10:15 am Jen	<b>BODYPUMP™</b> 10:00-11:00 am Melissa
	<b>Strength &amp; Conditioning Express</b> 6:45-7:15 pm Alex	<b>Yoga</b> 6:00-6:45 pm Kaily	<b>BODYPUMP™</b> 5:00-5:45 pm Katarina	<b>On the Ball</b> 5:00-5:45 am Denise		
				<b>Cardio Kick-Boxing</b> 6:00-6:45 am Katarina		

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

