

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



|                | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|----------------|--|---|---|---|---|---|
| Closed Sundays | <b>BODYPUMP™</b><br>8:15-9:00 am<br>Katarina                       | <b>Strength &amp; Conditioning</b><br>8:00-8:45 am<br>Dave                      | <b>Fusion</b><br>8:00-8:45 am<br>Dani                       | <b>Strength &amp; Conditioning</b><br>8:00-8:45 am<br>Dave                | <b>Core &amp; More</b><br>8:00-8:45 am<br>Dave  | <b>Strength &amp; Conditioning</b><br>8:30-9:00 am<br>Dani<br><i>No class 10/30</i> |
|                | <b>On the Ball</b><br>9:15-9:45 am<br>Denise                       |   | <b>Core &amp; More</b><br>9:00-9:45 am<br>Dani              | <b>Healthy Back</b><br>9:00-9:45 am<br>Dave                               | <b>Strength &amp; Conditioning</b><br>9:00-9:45 am<br>Dave<br><i>(BODYPUMP Oct 21 &amp; 28)</i> | <b>Cardio Interval</b><br>9:15-10:00 am<br>Dani<br><i>No class 10/30</i>            |
|                | <b>Silver Sneakers Circuit</b><br>9:15-9:45 am<br>Annette          | <b>Healthy Back</b><br>9:00-9:45 am<br>Dave<br><i>No class Oct. 18 &amp; 25</i> | <b>Yoga</b><br>10:00-10:45 am                               | <b>Yoga</b><br>10:00-10:45 am<br>Y-Zone                                   |   | <b>Aqua Cycle</b><br>9:00-9:45 am<br>Melissa  |
|                | <b>Silver Sneakers Classic</b><br>10:00-10:45 am<br>Jen            | <b>Silver Sneakers Circuit</b><br>10:00-10:45 am<br>Jen                         | <b>Silver Sneakers Classic</b><br>10:00-10:45 am<br>Annette | <b>Silver Sneakers Circuit</b><br>10:00-10:45 am<br>Jen                   | <b>Silver Sneakers Classic</b><br>9:30-10:15 am<br>Jen  | <b>BODYPUMP</b><br>10:00-11:00 am<br>Melissa  |
|                | <b>Zumba®</b><br>10:00-10:45 am<br>Annette                         | <b>Silver Sneakers Yoga</b><br>11:00-11:45 am<br>Jen                            | <b>DRUMS ALIVE</b><br>11:00-11:45 am<br>Annette             | <b>Silver Sneakers Yoga</b><br>11:00-11:45 am<br>Jen                      |   |   |
|                | <b>Bootcamp Express</b><br>6:00-6:30 pm<br>Alex                    |   | <b>ZUMBA</b><br>5:30-6:15 pm<br>MaryEllen                   | <b>Group Cycling</b><br>10:45-11:30 am<br>Katarina                        | <b>Silver Sneakers Enerchi</b><br>10:30-11:15am<br>Jen  |   |
|                | <b>Aqua Cycle</b><br>6:00-6:45 pm<br>Allison                       | <b>Pilates</b><br>5:15-6:00 pm<br>Annette                                       | <b>Aqua Cycle</b><br>7:00-7:45 pm<br>Katarina               | <b>BODYPUMP™ Express</b><br>4:00-4:45 pm<br>Katarina<br>Starts October 20 |   | <b>Yoga</b><br>11:15-12:00 pm<br>Elizabeth  |
|                | <b>Strength &amp; Conditioning Express</b><br>6:45-7:15 pm<br>Alex | <b>Cardio Kick-Boxing</b><br>6:15- 7:00 pm<br>Katarina<br>No class 10/11        |   | <b>On the Ball</b><br>5:00-5:45 pm<br>Denise                              |   |   |
|                |  |   | <b>Yoga</b><br>7:15-8:00 pm<br>Katarina<br>No class 10/11   | <b>Stretching</b><br>6:00-6:30 pm<br>Denise                               |   |   |

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

