

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	<b>BODYPUMP™</b> 8:15-9:00 am Katarina	<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 No class 9/12 & 9/19		<b>Core &amp; More</b> 9:00-9:45 am Dani	<b>Healthy Back</b> 9:00-9:45 am Dave	<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>Yoga</b> 10:00-10:45 am Y-Zone No class 9/1 & 9/8		<b>Silver Sneakers Classic</b> 9:30-10:15 am Jen No class 9/9
	<b>Silver Sneakers Classic</b> 10:00-10:45 am Jen		<b>Silver Sneakers Circuit</b> 10:00-10:45 am Jen	<b>Silver Sneakers Classic</b> 10:00-10:45 am Annette	<b>Silver Sneakers Circuit</b> 10:00-10:45 am Jen	
	<b>Zumba®</b> 10:00-10:45 am Annette	<b>Silver Sneakers Yoga</b> 11:00-11:45 am Jen	<b>DRUMS ALIVE</b> 11:00-11:45 am Annette	<b>Silver Sneakers Yoga</b> 11:00-11:45 am Jen No class 9/8	<b>Silver Sneakers Enerchi</b> 10:30-11:15am Jen No class 9/9	<b>Yoga</b> 11:15-12:00 pm Elizabeth
	<b>Bootcamp Express</b> 6:00-6:30 pm Alex			<b>ZUMBA</b> 5:30-6:15 pm MaryEllen		
	<b>Aqua Cycle</b> 6:00-6:45 pm Allison	<b>Pilates</b> 5:15-6:00 pm Annette	<b>Aqua Cycle</b> 7:00-7:45 pm Katarina No class 9/28	<b>BODYPUMP™ Express</b> 5:45-6:15 pm Katarina	<b>HIIT Circuit</b> 5:30-6:45 pm Dani  <b>Class starts 9/9</b>  <b>No class 9/16</b>	
	<b>Strength &amp; Conditioning Express</b> 6:45-7:15 pm Alex			<b>On the Ball</b> 6:30-7:00 pm Denise No class 9/15		
				<b>Stretching</b> 7:00-7:30 pm Denise No class 9/15		

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

