

**KEN-TON FAMILY YMCA**  
**GROUP FITNESS SCHEDULE**  
**JANUARY 2023**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Closed Sundays	<b>Fusion</b> 8:00-8:45 am Denise	<b>Core &amp; More</b> 7:00-7:45 am Dave	<b>Fusion</b> 8:00-8:45 am Dani	<b>Strength &amp; Conditioning</b> 8:00-8:45 am Dave	<b>BODYPUMP™</b> 8:00-8:45 am Kat	<b>Strength &amp; Conditioning</b> 8:30-9:00 am Dani	
	<b>On the Ball</b> 9:00-9:45 am Denise	<b>Strength &amp; Conditioning</b> 8:00-8:45 am Dave	<b>Core &amp; More</b> 9:00-9:45 am Dani	<b>Healthy Back</b> 9:00-9:45 am Dave	<b>Core &amp; More</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 Sara	<b>Yoga</b> 10:00-10:45 am Y-Zone Sara		<b>Silver Sneakers Classic</b> 9:30-10:15 am Jen	<b>Aqua Cycle</b> 9:00-9:45 am Melissa
	<b>Silver Sneakers Classic</b> 10:00-10:45 am Jen		<b>Yoga</b> 10:00-10:45 am Y-Zone Sara		<b>Silver Sneakers Circuit</b> 10:00-10:45 am Jen		
	<b>Zumba®</b> 10:00-10:45 am Annette	<b>Silver Sneakers Circuit</b> 10:00-10:45 am Jen	<b>DRUMS ALIVE</b> 11:00-11:45 am Annette	<b>Silver Sneakers Yoga</b> 11:00-11:45 am Jen	<b>Group Cycling</b> 10:45-11:30 am Katarina	<b>Silver Sneakers Enerchi</b> 10:30-11:15 am Jen	<b>BODYPUMP</b> 10:00-11:00 am Anthony
	<b>ZUMBA</b> 5:30-6:15 pm Laura No class 1/2/23	<b>Silver Sneakers Yoga</b> 11:00-11:45 am Jen		<b>BODYPUMP™ Express</b> 4:30-5:15 pm Katarina			
	<b>Aqua Cycle</b> 6:00-6:45 pm Allison	<b>Pilates</b> 5:15-6:00 pm Annette	<b>ZUMBA</b> 5:30-6:15 pm MaryEllen	<b>On the Ball</b> 5:00-5:45 pm Denise	<b>Stretching</b> 6:00-6:30 pm Denise	<b>ZUMBA</b> 5:30-6:15 pm Laura	<b>Yoga</b> 11:15-12:00 pm Elizabeth
	<b>Bootcamp</b> 6:30-7:15 pm Alex	<b>Cardio Kick-Boxing</b> 6:15-7:00 pm Kat No class 1/10/23					

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

