

KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
FEBRUARY 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Closed Sundays	Fusion 8:00-8:45 am Denise	Core & More 7:00-7:45 am Dave	Fusion 8:00-8:45 am Dani	Strength & Conditioning 8:00-8:45 am Dave	BODYPUMP™ 8:00-8:45 am Kat	Strength & Conditioning 8:30-9:00 am Dani	
	On the Ball 9:00-9:45 am Denise	Strength & Conditioning 8:00-8:45 am Dave	Core & More 9:00-9:45 am Dani	Healthy Back 9:00-9:45 am Dave	Core & More 9:00-9:45 am Dave	Cardio Interval 9:15-10:00 am Dani	
	Silver Sneakers Circuit 9:15-9:45 am Annette	Healthy Back 9:00-9:45 am Dave	Yoga 10:00-10:45 am Sara	Yoga 10:00-10:45 am Y-Zone Sara			Silver Sneakers Classic 9:30-10:15 am Jen
	Silver Sneakers Classic 10:00-10:45 am Jen No class 2/20		Yoga 10:00-10:45 am Y-Zone Sara		Silver Sneakers Classic 10:00-10:45 am Katarina	Silver Sneakers Circuit 10:00-10:45 am Jen	
		Zumba® 10:00-10:45 am Annette	Silver Sneakers Circuit 10:00-10:45 am Jen	DRUMS ALIVE 11:00-11:45 am Katarina			Group Cycling 11:30-12:15 pm Katarina
	BODYPUMP™ 4:30-5:15 pm Katarina	Silver Sneakers Yoga 11:00-11:45 am Jen No class 2/21	ZUMBA 5:30-6:15 pm MaryEllen No class 2/22		On the Ball 5:00-5:45 pm Denise	ZUMBA 5:30-6:15 pm Laura	
	ZUMBA 5:30-6:15 pm Laura	Pilates 5:15-6:00 pm Annette		Aqua Cycle 6:00-6:45 pm Allison			
	Bootcamp 6:30-7:15 pm Alex						Cardio Kick-Boxing Express 6:45-7:15 pm Katarina

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

