

KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
MAY 2023 BEGINS APRIL 30TH



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	Fusion 8:00-8:45 am Denise	Strength & Conditioning 8:00-8:45 am Dave	Fusion 8:00-8:45 am Dani	Strength & Conditioning 8:00-8:45 am Dave	BODYPUMP™ 8:00-8:45 am Anthony	
	On the Ball 9:00-9:45 am Denise		Core & More 9:00-9:45 am Dani	Healthy Back 9:00-9:45 am Dave	Core & More 9:00-9:45 am Dave	
	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 Racquetball Court Sara		Silver Sneakers Classic 9:30-10:15 am Jen
	Silver Sneakers Classic 10:00-10:45 am Jen		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 11:00-11:30 am Katarina	Silver Sneakers Yoga 11:00-11:45 am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen	BODYPUMP™ 10:00-11:00 am Anthony
	BODYPUMP™ 4:30-5:15 pm Katarina	Silver Sneakers Yoga 11:00-11:45 am Jen		On the Ball 5:00-5:45 pm Denise		Yoga 11:15-12:00 pm Sara
	ZUMBA 5:30-6:15 pm Laura	Pilates 5:15-6:00 pm Annette	ZUMBA 5:30-6:15 pm MaryEllen			
	Aqua Cycle 6:00-6:45 pm Allison	Cardio Kick-Boxing 6:00-6:45 pm Kat	Aqua Cycle 6:00-6:45 am Melissa	BODYPUMP™ 6:00-7:00 pm Melissa		
	Group Cycling 6:30-7:15 pm Melissa			Stretching 7:15-7:45 pm Denise		

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