

KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
SEPTEMBER 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed Sundays	Fusion 9:00-9:45 am Brandon	Strength & Conditioning 8:00-8:45 am Dave	Fusion 9:00-9:45 am Brandon	Strength & Conditioning 8:00-8:45 am Dave	Bands & Body Weight 8:00-8:45 am Dave	
				Healthy Back 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	Core & More 9:00-9:45 am Dave	Aqua Cycle 9:00-9:45 am Melissa
	Silver Sneakers Classic 10:00-10:45 am Jen	Yoga 10:00-10:45 am Racquetball Court Sara	Silver Sneakers Classic 10:00-10:45 am		Silver Sneakers Classic 9:30-10:15 am Jen	
	Zumba® 10:00-10:45 am Annette	Silver Sneakers Circuit 10:00-10:45 am Jen	Enhance Fitness* 11:30-12:30 pm Brianna	Silver Sneakers Circuit 10:00-10:45 am Jen	Silver Sneakers Enerchi 10:30-11:15am Jen	
	Enhance Fitness* 11:30-12:30 pm Jilyana	Silver Sneakers Yoga 11:00-11:45 am Jen		Silver Sneakers Yoga 11:00-11:45 am Jen		BODYPUMP™ 10:00-11:00 am Anthony
	Zumba 5:30-6:15 pm Laura	Pilates 5:15-6:00 pm Annette	Zumba 5:00-5:45 pm MaryEllen		Enhance Fitness* 11:30-12:30 pm Jen	Yoga 11:15-12:00 pm Sara
	Aqua Cycle 6:00-6:45 pm Allison		Aqua Cycle 6:00-6:45 am Melissa			
	Group Cycling 6:30-7:15 pm Melissa					