

**KEN-TON FAMILY YMCA
GROUP FITNESS SCHEDULE
NOVEMBER 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 Choon | | 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 | | Silver Sneakers Circuit 10:00-10:45 am Jen | | |
| | | 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 | | Zumba 5:00-5:45 pm MaryEllen | | Silver Sneakers Enerchi 10:30-11:15am Jen | |
| | Aqua Cycle 6:00-6:45 pm Allison | Pilates 5:15-6:00 pm Annette | | | | Yoga 11:15-12:00 pm Sara |
| | Group Cycling 6:30-7:15 pm Melissa | | Aqua Cycle 6:00-6:45 am Melissa | | | |