



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

CLOVER GROUP EXERCISE SCHEDULE SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		A.M. ZUMBA w/Laura M. 6:00-6:45 am	A.M. ZUMBA w/Laura M. 6:00-6:45 am	A.M. ZUMBA w/Laura M. 6:00-6:45 am	A.M. ZUMBA w/Laura M. 6:00-6:45 am	
		Yoga w/Andrea G. 8:00-8:55 am		Stretch, Strength & Beginner Cycle w/Melanie C. 8:00-9:30 am		
	Athletic Conditioning w/Meagan J. 8:00-9:00 am	Athletic Conditioning w/Meagan J. 8:00-9:00 am	Athletic Conditioning w/Megan J. 8:00-9:00 am	Athletic Conditioning w/Meagan J. 8:00-9:00 am	Athletic Conditioning w/Meagan J. 8:00-9:00 am	
	Core & More w/Meagan J. 9:00 -9:30 am	Barre Pilates w/Andrea G. 9:00-10:00 am	Core & More w/Meagan J. 9:00 -9:30 am	ZUMBA w/Laura M. 9:00-9:45 am	Core & More w/Meagan J. 9:00 -9:30 am	
			Y Fit Kids w/ Laura M. 9:45-10:15 am	Core & More w/Laura M. 9:45-10:15 am	Y Fit Kids w/ Laura M. 9:45-10:15 am	
	Silver Sneakers w/Kathy M. 10:00 -10:45 am	Silver Sneakers w/Andrea G. 10:05-10:50 am	Yoga Fit – Seniors w/Lindsay S. 10:15-11:00 am		Yoga Fit – Seniors w/Laura K. 10:15-11:00 am	
			Silver Sneakers w/Lindsay S. 11:00–11:45 am		Silver Sneakers w/Laura K. 11:00–11:45 am	
		Athletic Conditioning w/ Jonathan F. 12:15-1:00pm	Athletic Conditioning w/ Andrea D. 12:15-1:00pm	Athletic Conditioning w/ Jonathan F. 12:15-1:00pm	Athletic Conditioning w/ Andrea D. 12:15-1:00pm	
	Cardio Hip Hop w/Marcy L. 6:30-7:30pm					

YMCA Hours of Operation:

Monday through Friday: 5:00 am - 9:30 pm
Saturday: 8:00 am – 6:00 pm
Sunday: 1:00 pm – 6:00 pm

YMCA Child Watch Hours:

Monday through Friday: 8:00 am - 12 noon
Monday through Thursday: 4:00 pm - 8:00 pm
Friday: 4:00 pm – 7:00 pm
Saturday: 8:00 am - 12 noon