GROUP EXERCISE SCHEDULE

CENTRAL

Effective 10/28/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle 8:30-9:00 am Lynn H			
	Yogalates 9:30-10:15 am KJ M	Sculpt 9:00-9:30 am Lynn M	Express Sculpt 9:45-10:15 am Shannon H		
	Active Older Adult 10:30-11:30 am Stephanie M	Chair Yoga 10:00-11:00 am Sally L	Active Older Adult 10:30-11:30 am Stephanie M	Express Tone 10:30-11:00 am ★ Sally H	
	Meditative Yoga 10:45-11:45 am Kathy *Manchester L	Low Impact Sculpt 12:00-1:00 pm ★ Shannon M			
	Yoga 6:30-7:30 pm Audrey L				

★ ... New Class/Time Change

L ... Low Intensity

M ... Medium Intensity

H ... High Intensity

the YMCA