

# LAND/WATER FITNESS CLASSES 6-WEEK SESSIONS Spring 2, Summer 1 & 2 Cycles (effective 5/29/20 – 9/12/20) the



All classes below are FREE to Y Members (Aquatic classes listed on Pool Schedule). Silver Sneakers classes are FREE to those who qualify. Some class instructors offer a monthly calendar for your convenience. Indoor Cycling schedule located at bottom of page. When possible, class schedule changes are published at <https://www.duboisymca.org/news>

DAY	CLASS	TIME	INSTRUCTOR	PLACE
MON	Aquacise	8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness	9:30-10:30 am	Shields	MP
	Zumba ® Fitness: Original	5:30-6:30 pm	Wolf-Stom	MP
TUE	Silver Sneakers® Classic	8:00-8:45 am	Allen	MP
	Water Toning	8:30-9:30 am	Smith	Pool
	Body Fitne <u>SSS</u>	5:00-6:00 pm	McKolosky	MP
	Pound ® <b>MOVED TO FRI 5:30 PM @ MAIN</b>	5:30-6:15 pm	Shuckers	TL
	Aquacise	6:00-7:00 pm	Lockwood	Pool
	Tai Chi For Health (Arthritis) <b>NOT MEETING</b>	6:30-7:30 pm	Kite	MP
WED	Aquacise	8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness	9:30-10:30 am	Shields	MP
	Zumba® Fitness: Toning & AB Mat Work	5:30-6:30 pm	Wolf-Stom	MP
THU	Silver Sneakers® Classic	8:00-8:45 am	Allen	MP
	Water Toning	8:30-9:30 am	Smith	Pool
	Body Fitne <u>SSS</u>	5:00-6:00 pm	McKolosky	MP
	Aquacise	6:00-7:00 pm	Lockwood	Pool
	Karate	6:00-7:30 pm	Panebianco	Aux/Main
	Tai Chi For Health (Arthritis) <b>NOT MEETING</b>	6:30-7:30 pm	Kite	MP
FRI	Aquacise	8:30-9:30 am	Murray	Pool
	Strength Training & Functional Fitness	9:30-10:30 am	Shields	MP
	Pound ® <b>moved from TL ext</b>	5:30-6:30 pm	Shuckers	MP
SAT	Zumba® Fitness: Toning & AB Mat Work	8:00-9:00 am	Wolf-Stom	MP
<b>CYCLING CLASSES 45 min</b>		(day/times & instructor schedules	subject to change)	ICR
MON	9:00 am		5:30 pm	<b>Moved to</b>
TUE	9:00 am			<b>Main Gym</b>
WED	9:00 am		5:30 pm	
THU	9:00 am			
FRI	9:00 am			
SAT				

Beginner Aerobics, Belly Dancing Body Fitness and Silver Sneakers at TL extension are **NOT MEETING**.