

FITNESS/CYCLING CLASSES 6-WEEK SESSIONS Fall 1 & 2, Holiday Sessions (effective 9/9/19 – .12/21/19)

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	Silver Sneakers® Classic	8:00-8:45 am	Allen	MP
	Beginner Aerobics	9:30-10:30 am	Cameron	TL
	Strength Training & Functional Fitness	9:30-10:30 am	Shields	MP
	Belly Dancing Body Fitness™ NO CLASS TIL JAN 2020	5:30-6:30 pm	Smith	TL
	Zumba® Fitness: Original	5:30-6:30 pm	Wolf-Stom	MP
	Step Aerobics	6:30-7:30 pm	Wruble	MP
TUE	Silver Sneakers® Circuit	8:00-8:45 am	Allen	MP
	Silver Sneakers® Circuit	10:30-11:15 am	Allen	TL
	Body Fitne <u>SSS</u>	5:00-6:00 pm	McKolosky	MP
	Pound®	5:30-6:15 pm	Shuckers	TL
	Tai Chi For Health (Arthritis)	6:30-7:30 pm	Kite	MP
WED	Silver Sneakers® Classic	8:00-8:45 am	Allen	MP
	Beginner Aerobics	9:30-10:30 am	Cameron	TL
	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
	Step Aerobics	6:30-7:30 pm	Wruble	MP
THU	SilverSneakers® Circuit	8:00-8:45 am	Allen	MP
	SilverSneakers® Circuit	10:30-11:15 am	Allen	TL
	Body Fitne <u>SSS</u>	5:00-6:00 pm	McKolosky	MP
	Karate	6:00-7:30 pm	Panebianco	AUX
	Pound®	6:15-7:00 pm	Wolf-Stom	MP
	Tai Chi For Health	6:30-7:30 pm	Kite	YAC
FRI	Beginner Aerobics	9:30-10:30 am	Cameron	TL
	Strength Training & Functional Fitness	9:30-10:30 am	Shields	MP
SAT	Zumba® Fitness: Toning & AB Mat Work	8:00-9:00 am	Wolf-Stom	MP
CYCLING CLASSES 45 min		(day/times & instructor schedules subject to change)	ICR	
MON	9:00 am	5:30 pm		
TUE	9:00 am	5:30 pm		
WED	9:00 am	5:30 pm		
THU	9:00 am			
FRI	9:00 am			
SAT	9:00 am			