YMCA OF CENTRAL STARK COUNTY

VIRTUAL CLASS SCHEDULE: Monday, July 6 - Saturday, July 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am **Pilates** Natalie	9:00am **Kickin It** Kelly	9:00am **Yoga** Amy	9:00am **Core** Tammie	9:00am **Bootcamp** Meggie	9:00am **Dance & Tone** Kim
12:30pm **Zumba** Kristee	11:30am **Zumba Gold** Christine	12:30pm **Kettlebells** Michelle	11:30am **SilverSneakers** Barb	11:30am **Tai-Chi** Jeff	
5:30pm **HIIT** Hilary	5:30pm **Yoga** Christy	5:30pm **Body Pump** Tiffany	5:30pm **Zumba** Nicole		

Schedule Key

Health & Wellness	Active Older Adults	Youth