



ERIC SNOW YMCA
GROUP EXERCISE SCHEDULE
MAY 2024
 This schedule is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>8:45 am</u> SILVER SNEAKERS CLASSIC Tiffany		<u>8:45 am</u> SILVER SNEAKERS CLASSIC Tiffany		<u>6:15 am</u> Cycling & Core Krista LAST Class 5/24/24	
<u>10:00 am</u> SILVER SNEAKERS CHAIR YOGA Machille	<u>10:15 am</u> SILVER SNEAKERS STABILITY Machille			<u>8:45 am</u> SILVER SNEAKERS CLASSIC Machille	
<u>12:10 pm</u> XTREME HIP HOP STEP Summer		<div style="border: 2px solid red; padding: 2px; display: inline-block; transform: rotate(-15deg);">NEW</div> <u>12:10 pm</u> ZUMBA Lou Starts 5/22/24		<u>10:00 am</u> SILVER SNEAKERS CHAIR YOGA Machille	
	<u>5:00pm</u> LES MILLS BODY PUMP Tiffany		<u>5:00pm</u> LES MILLS CORE Tiffany		
<u>6:30 pm</u> ZUMBA Russelle	<u>6:00 pm</u> YOGA Lindsey	<u>6:30 pm</u> ZUMBA Russelle	<u>6:00 pm</u> YOGA Lindsey		
	<u>WATER FITNESS</u> <u>9:00 am</u> AQUA FLEX		<u>WATER FITNESS</u> <u>9:00 am</u> AQUA FLEX		
<u>5:30 pm</u> Aqua Jogging			<u>5:30 pm</u> Aqua Jogging		