



GROUP WELLNESS SCHEDULE

YMCA OF GREATER LONDONDERRY
January 6 – January 31, 2019

Group Exercise

Monday

Cardio Circuit
8:45 – 9:30 am
Studio A
Karen

**Silver Sneakers
Classic®**
10:15 – 11:00 am
Studio A
Lisa C

Functional Fitness
11:00-11:45
Studio A
Karen

Active Seniors
11:45 -12:30pm
Studio A
Karen

Tuesday

Yoga
9:00 – 10:00 am
Studio A
Satonya

Cardio Circuit 101
10:30 – 11:15am
Studio A
Karen

Movement Arthritis
11:15 – 12:00pm
Studio A
Karen

Yoga
5:30 – 6:30 pm
Studio A
Debbie

Wednesday

Barre Fitness
9:00 – 10:00 am
Studio A
Maryjean

**Silver Sneakers
Classic®**
10:15 – 11:00 am
Studio A
Lisa C

Strong Stretch
11:30 -12:15pm
Studio A
Karen

Cardio Blast
5:15-6:00 pm
Studio A
Stacey

Thursday

Functional Fitness
9:00-9:45 am
Studio B
Karen

Yoga
9:30 – 10:30 am
Studio A
Satonya

Zumba®
10:45-11:30am
Studio B
Stacey

Friday

Body Sculpt
8:00 – 8:45 am
Studio A
Karen

Cardio Blast
9:00 – 10:00 am
Studio A
Chrystina

**Silver Sneakers
Classic®**
10:15 – 11:00 am
Studio A
Lisa C

Gentle Yoga
5:30– 6:30 pm
Studio A
Debbie

Saturday

Cardio Circuit
9:00-9:45am
Studio B
Stacey

Pilates
9:45-10:15
Studio B
Stacey

Please NOTICE classes held in either Studio A or Studio B