

**Pav YMCA Fall Session 1 Class Schedule.**  
**Tuesday, September 7th, 2021 - Sunday, October 24th, 2021.**



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM Classes</b>			<b>AM Classes</b>				<b>AM Classes</b>
6:00 AM			6:00-7:00am Indoor cycle - Nicko		6:00-7:00am Indoor cycle - Nicko		
8:00 AM		8:00 -9:00am Silver Sneakers- Nancy	8:00 -9:00am BOOM- Linda G.	8:00 -9:00am Silver Sneakers- Nancy	8:00 -9:00am BOOM- Linda G.		8:00-9:00am Boot Camp-Lise
9:00 AM	9:00-10:00am Indoor cycle - Nicko	9:00 -10:00am Silver Sneakers- Nancy	8:00 -9:00am Silver Sneakers- Nancy	9:00 -10:00am Silver Sneakers- Nancy	8:00 -9:00am Silver Sneakers- Nancy	9:00 -10:00am Silver Sneakers- Nancy	9:00 - 10:00am Zumba- Toccara
			9:00 -10:00am Chair Yoga- Nancy	9:00 -10:00am Cardio Step- Raj	9:00 -10:00am Chair Yoga- Nancy	9:00 -10:00am Cardio Blast- Raj	
			9:00 -10:00am Water Works- Linda		9:00 -10:00am Water Works- Linda		
10:00 AM		10:00 -11:00am Boot Camp- Jessica	9:30 -10:30am Interval Training- Raj	10:00 -11:00am Boot Camp- Jessica			
<b>PM Classes</b>			<b>PM Classes</b>			<b>PM Classes</b>	
6:00 PM		6:00-7:00pm Boot Camp-Col. Mike	6:00-7:00pm Boot Camp-Col. Mike	6:00-7:00pm Boot Camp-Col. Mike			
6:30 PM					6:30-7:30pm Yoga - Peggy		
7:00 PM		7:00-8:00pm Zumba - Toccara					
	<b>All Silver Sneakers Classes</b>		<b>Ages 60 +</b>	<b>Free with Silver Sneakers Meberships</b>			
	<b>All Aquatic Classes free with</b>		<b>Pav YMCA Membership</b>				
	<b>All GX Classes free with</b>		<b>Pav YMCA Membership</b>				