

# Pav YMCA Class Schedule



Monday, February 22, 2021-Sunday, April 18, 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				
7:00 AM							
8:00 AM		8:00 -9:00am Silver Sneakers- Nancy	8:00 -9:00am BOOM- Linda	8:00 -9:00am Silver Sneakers- Nancy	8:00 -9:00am BOOM- Linda	8:00 -9:00am Silver Sneakers- Nancy	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 Silver Shake n Twist- Adrian	9:00 -10:00am Chair Yoga- Nancy	9:00 -10:00am Silver Shake n Twist- Adrian	9:00 -10:00am Chair Yoga- Nancy		
			9:00 -10:00am Water Works- Linda		9:00 -10:00am Water Works- Linda	9:00 -10:00am Cardio Blast- Roj	
9:30 AM			9:30 -10:30am Interval Training- Roj				
10:00 AM		10:00 -11:00am Boot Camp- Jessica		10:00 -11:00am Boot Camp- Jessica			10:00 - 11:00am Zumba- Diann
<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 Spinoga - Peggy		
7:00 PM		7:00-8:00pm Zumba - Toccara					
	<b>All Silver</b>	<b>Snealkers Classes</b>	<b>Ages 60 +</b>	<b>Free with Silver</b>	<b>Sneakers Meberships</b>		
	<b>All Aquatic</b>	<b>Classes free with</b>	<b>Pav YMCA Membership</b>				
	<b>All other</b>	<b>Classes free with</b>	<b>Pav YMCA Membership</b>				