

## Pav YMCA Spring Session I 2/19/2024-4/14/2024

**GROUP EXERCISE** CLASSES (16+ yrs):

**Boot Camp** Cardio Blast Indoor Cycling Interval Training Strength & Tone Yoga Zumba

## **GROUP EXERCISE** CLASSES (55+ yrs):

Active Older Adults #AOA Chair Yoga Shake & Twist Silver Sneakers

Water Arthritis (Pool) Water Works (Pool)

**GROUP EXERCISE RESTORATIVE HEALTH CLASSES** (ALL AGES):

LiveStrong @ the YMCA Wellness House Stretching Through Cancer

\*All ages need physician approval to join.

	SUN	SUN MON		TUE WED			THU		F	FRI		SAT	
	Opens 8am Opens 6am		Ope	ns 6am	Opens 6am		Opens 6am		Oper	Opens 6am		Opens 7am	
					Α	M CLAS	SES						
6:00 AM		1											
6:15 AM													
6:30 AM		<u> </u>											
6:45 AM		<u> </u>											
7:00 AM													
7:15 AM		1											Arthritis
7:30 AM 7:45 AM		1										Pool 7:15-8a	
7:45 AM 8:00 AM				Cibron	#A O A			C-1	c				Ciboon
8:15 AM	Indoor Cycling	Silver Sneakers Dance Studio 8-8:50a		Silver #AOA Sneakers North Dance Gym Studio 8-8:55a 8-8:50a		Silver Sneakers Dance Studio 8-8:50a		Silver Shake & Sneakers Twist Dance North Studio Gym 8-8:55a		•		Boot Camp	
8:30 AM	North Gym 8-9a											North Gym	
8:45 AM											<b></b>		Studio 8-8:50a
9:00 AM		Silver	Г		Charle		Cil			Silver			0-0:30g
9:15 AM		Sneakers			Chair Yoga	Water Works	Silver Sneakers	Water Works	Chair Yoga	Sneakers			
9:30 AM		Dance		Pool	Dance	Pool	Dance	Pool	Dance	Dance		71	1
9:45 AM		Studio 9-9:50a			Studio 9-10a	9-9:45a	Studio 9-9:50a	9-9:45a	Studio 9-10a	Studio 9-9:50a		Zumba Room	<u> </u>
10:00 AM			oot Camp		Cardio Blast		Boot Camp	Inte	erval Trainin	a C	ardio Blast	A & B	Liverture
10:15 AM			North Gym	$\vdash$	North Gym 9:30-10:30a	$\vdash$	North Gym		North Gy	m —	North Gym	9:30- 10:30a	Livestron Wellness
10:30 AM			9;30-10;30a		9;50-10;50a		9:30-10:30a		9;30-10;30	)a	9;30-10;30a	10,508	Studio 10-11:15a
10:45 AM		1											10 11,134
11:00 AM		1											_
11:15 AM		<del> </del>						-					
11:30 AM		<del> </del>											
11:45 AM													
111, 15711-1					D	M CLAS	CEC						
4:00 PM						MICLAS	JEJ						
4:15 PM		<del> </del>											
4;30 PM		<del>                                     </del>											
4:45 PM		1											
5:00 PM													
5:15 PM													
5:30 PM		1											
5:45 PM		<del>                                     </del>											
6:00 PM						Streng	th &						
6:15 PM		<ul> <li>Strengt</li> <li>North Gyn</li> </ul>	h & Tone			Tone			Livestron Wellness	g			
6:30 PM		6-6:50p				North Gy 6-7p	Wellness		Studio 6-7:15p				
6:45 PM							Wellness House Stretching Through		d-weh				
7:00 PM		7	Livering	7.			Cancer	Vacan				1	
7:15 PM		Zumba Room	Livestrong Wellness	Zumba Dance S			Cancer Dance Studio 6:30-7:30p	Yoga Dance					
7:30 PM		A & B	Studio 7-8:15p	7-8p				Studio					
7:45 PM		7-8p	опор					7-8p					
8:00 PM													
8:15 PM													
8:30 PM													
8:45 PM													
	*CLOSES AT 2:45P	*CLOSES	AT 8:45P	*CLOSE	S AT 8:45P	*CLOS	ES AT 8:45P	*CLOS	ES AT 8:45P	*CLOSE	S AT 8:45P	*CLOSES	AT 2:45P