

Pav YMCA Winter Session Class Schedule.
 Monday, January 3rd, 2022 - Sunday, February 20th, 2022.



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM Classes			AM Classes				AM Classes
6:00 AM			6:00-7:00am Indoor cycle - Nicko		6:00-7:00am Indoor cycle - Nicko		
7:00 AM							7:15 -8:00am Water Arthritis- Nancy H.
8:00 AM		8:00 -9:00am Silver Sneakers- Nancy	8:00 -9:00am Active Older Adults- Lise	8:00 -9:00am Silver Sneakers- Nancy			
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	8:00-9:00am Boot Camp-Lise
			9:00 -10:00am Chair Yoga- Nancy	9:00 -10:00am Cardio- Raj	9:00 -10:00am Chair Yoga- Nancy	9:00 -10:00am Cardio Blast- Raj	9:00 - 10:00am Zumba- Toccara
			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			
PM Classes			PM Classes				PM Classes
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							
7:00 PM		7:00-8:00pm Zumba - Toccara			7:00-8:00pm Yoga - Peggy		
	All Silver	Sneakers Classes	Ages 60 +	Free with Silver	Sneakers Meberships		
	All Aquatic	Classes free with	Pav YMCA Membership				
	All	GX Classes free with	Pav YMCA Membership				