

FITNESS ROOM SCHEDULE

DUNELAND FAMILY YMCA **WEEK OF SEPTEMBER 2ND - SEPTEMBER 8TH, 2019**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	CLOSED LABOR DAY	6:00-7:00 *BODYPUMP Michelle		6:00-7:00 *BODYPUMP Michelle			
7:00 AM		7:00-8:00 Pilates Deborah	7:40-8:30 Low Impact Kay		7:40-8:30 Low Impact Kay		
8:00 AM		8:00-9:00 ** Barre Vicky	8:30-9:30 *BODYPUMP Jill	8:00-9:00 **Barre Vicky	8:30-9:30 *BODYPUMP Jill	8:00-9:00 Total Body Clark	
9:00 AM		9:00-10:00 Turbo Kick Katie		9:00-10:00 Turbo Kick Katie	9:30-10:30 Cardio Dance Lindsay	9:00-10:00 Zumba/Cardio Dance Rotate Staff	
10:00 AM		10:30-11:30 Silver Sneakers Classic Deborah	10:45-11:45 Fit Friends Nancy	10:30-11:30 Silver Sneakers Classic Deborah	10:45-11:45 Fit Friends Nancy	10:00-11:00 *BODYPUMP Michelle/ Heather	10:00-11:00 Zumba Vicky
11:00 AM		11:30-12:30 S.S. Cardio Deborah		11:30-12:30 SS Cardio Nancy			
12:00 PM					12:00-1:00 Silver Sneakers Deborah <i>NO Class on the 3rd Friday of each month.</i>		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM		4:45-5:30 *BODYPUMP Heather	4:30-5:30 WERQ Michelle	4:45-5:30 *BODYPUMP Rotating	4:30-5:30 Insanity Liz		
5:00 PM		5:30-6:30 Turbo kick Katie	5:30-6:30 Boot Camp Kerbi	5:30-6:30 **Barre Kerbi			
6:00 PM		6:30-7:30 ZUMBA Vicky	6:30-7:30 *BODYPUMP Michelle	6:30-7:30 Zumba Vicky			
7:00 PM							
8:00 PM							
9:00 PM Y Closes							