

# GROUP FITNESS SCHEDULE

## MIAMI COUNTY YMCA- ROBINSON BRANCH- SUMMER 2021

### Mondays

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
8:15-9:00am	Silver Sneaker Classic	Sierra	Field House
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:00-10:00am	Silver Sneaker Yoga	Debbie	Meeting Room B
9:15-10:00am	Silver Sneaker Cardio Fit	Sierra	Field House
10:15-11:00am	Silver Sneaker Classic	Sierra	Field House

### Tuesdays

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
8:00-8:45am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:00-9:45am	Yoga	Mary	Meeting Room B
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
10:15-11:30am	Zumba	Mikala	Multi-Purpose Room
4:15-5:00pm	Total Body Sculpt	Erin	Multi-Purpose Room
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room
6:00-7:00p.m.	Y Cycling	Abby	Aerobics/Cycling Room
6:30-7:30pm	Yogalates	Sharon	Multi-purpose Room

### Wednesdays

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
8:15-9:00am	Silver Sneaker Classic	Sierra	Field House
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:00-10:00am	Silver Sneaker Yoga	Debbie	Meeting Room B
9:15-10:00am	Silver Sneaker Cardio Fit	Sierra	Field House
10:15-11:00am	Silver Sneaker Classic	Sierra	Field House
5:30- 6:15p.m.	Zumba	Angela	Multi-purpose Room

### Thursdays

5:30-6:15am	Y Cycling	Aimee	Aerobics/Cycling Room
8:00-8:45am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:00-9:45am	Yoga	Mary	Meeting Room B
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
10:15-11:30am	Zumba	Mikala	Multi-Purpose Room
4:15-5:00pm	Total Body Sculpt	Erin	Multi-Purpose Room
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room
6:00-7:00p.m.	Y Cycling	Abby	Aerobics/Cycling Room
7:00-8:00pm	Yoga	Karen	Multi-purpose Room

# GROUP FITNESS SCHEDULE

## MIAMI COUNTY YMCA- ROBINSON BRANCH- SUMMER 2021

### Fridays

5:30-6:30am	PULSE	Aimee	Multi-Purpose Room
8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
8:15-9:00am	Silver Sneaker Classic	Sierra	Field House
9:00-10:00am	Step Aerobics	Debbie	Multi-Purpose Room
9:15-10:00am	Silver Sneaker Cardio Fit	Sierra	Field House
10:15-11:00am	Silver Sneaker Classic	Sierra	Field House
6:00-7:00pm	Women's Judo & Self Defense	Jennifer	Meeting Room B

### Saturdays

7:30-8:30am	Strictly Strength	Aimee	Multi-Purpose Room
9:00-10:00am	Zumba	Angela	Multi-Purpose Room