

# GROUP FITNESS SCHEDULE

## MIAMI COUNTY YMCA- ROBINSON BRANCH- SUMMER MINI SESSION 2021

### Week 1

#### Monday August 9<sup>th</sup>

8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room

#### Tuesday August 10<sup>th</sup>

8:00-8:45am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
4:15-5:00pm	Total Body Sculpt	Erin	Multi-Purpose Room
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room

#### Wednesday August 11<sup>th</sup>

8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
5:30- 6:15p.m.	Zumba	Angela	Multi-purpose Room

#### Thursday August 12<sup>th</sup>

8:00-8:45am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
4:15-5:00pm	Total Body Sculpt	Erin	Multi-Purpose Room
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room
7:00-8:00pm	Yoga	Karen	Multi-purpose Room

#### Friday August 13<sup>th</sup>

8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
9:00-10:00am	Step Aerobics	Debbie	Multi-Purpose Room

### Week 2

#### Monday August 16<sup>th</sup>

8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room

#### Tuesday August 17<sup>th</sup>

8:00-8:45am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
4:15-5:00pm	Total Body Sculpt	Erin	Multi-Purpose Room
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room

# GROUP FITNESS SCHEDULE

## MIAMI COUNTY YMCA- ROBINSON BRANCH- SUMMER MINI SESSION 2021

### Wednesday August 18<sup>th</sup>

8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room
5:30- 6:15p.m.	Zumba	Angela	Multi-purpose Room

### Thursday August 19<sup>th</sup>

8:00-8:45am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
4:15-5:00pm	Total Body Sculpt	Erin	Multi-Purpose Room
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room

### Friday August 20<sup>st</sup>

8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
9:00-10:00am	Step Aerobics	Debbie	Multi-Purpose Room

## Week 3

### Monday August 23<sup>th</sup>

8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room

### Tuesday August 24<sup>th</sup>

8:00-8:45am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
4:15-5:00pm	Total Body Sculpt	Erin	Multi-Purpose Room
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room

### Wednesday August 25<sup>th</sup>

8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
9:00-10:00am	C.O.R.E. Fit	Erich	Multi-Purpose Room

### Thursday August 26<sup>th</sup>

8:00-8:45am	C.O.R.E. Fit	Erich	Multi-Purpose Room
9:05-10:00am	Moderate Intensity Strength	Debbie	Multi-Purpose Room
4:15-5:00pm	Total Body Sculpt	Erin	Multi-Purpose Room
5:30-6:15pm	PULSE	Jennifer	Multi-Purpose Room
7:00-8:00pm	Yoga	Karen	Multi-purpose Room

### Friday August 27<sup>th</sup>

8:00-8:45am	Low Impact Aerobics	Debbie	Multi-Purpose Room
8:00-8:45am	Y Cycling	Kathy	Aerobics/Cycling Room
9:00-10:00am	Step Aerobics	Debbie	Multi-Purpose Room