

# GROUP EXERCISE SCHEDULE

## AUGUST 1-31

All classes are free as a member benefit and require registration available three days in advance.

The schedule is subject to change. Please visit us online at [sewicleymca.org](http://sewicleymca.org) or on our new mobile app to reserve your spot and check for the latest class availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:15 a.m. CYCLE MICHAEL F. HUNTER GYM	5:30 - 6:15 a.m. TONE & SCULPT AMY CV GYM	5:30 - 6:15 a.m. CYCLE MIKE HUNTER GYM	5:30 - 6:15 a.m. HIIT AMY CV GYM	5:30 - 6:15 a.m. CYCLE GEORGE HUNTER GYM	7 - 7:45 a.m. PUMP IT ADRIANE HUNTER GYM
8 - 8:45 a.m. STRETCH & STRENGTH AMY CV GYM	8 - 8:45 a.m. STRETCH CHRIS CV GYM	5:30 - 6:15 a.m. CARDIO PUMP AMY CV GYM	8:15 - 9 a.m. PILATES AMY CV GYM	5:30 - 6:15 a.m. CARDIO BARRE CHRIS CV GYM	8 - 8:45 a.m. PILATES AMY C.A.C.
9:15 - 10 a.m. TOTAL BODY WORKOUT AMY CV GYM	8:15 - 9 a.m. YOGILATES ADRIANE HUNTER GYM	7:15 - 8 a.m. B.Y.O.B. (bring your own band) CHRIS PAVILION	9:15 - 10 a.m. CARDIO BOX AMY CV GYM	7 - 7:45 a.m. YOGA CHRIS CV GYM	8:15 - 9 a.m. CYCLE ADRIANE HUNTER GYM
5:45 - 6:30 p.m. BOOTCAMP LORI WARRIOR COURSE	9:15 - 10 a.m. TONE & SCULPT AMY CV GYM	8 - 8:45 a.m. BARRE AMY CV GYM	9:15 - 10 a.m. CYCLE ADRIANE HUNTER GYM	8:15 - 9 a.m. LOW IMPACT AMY PAVILION	9:15 - 10 a.m. CARDIO PUMP AMY CV GYM
6 - 6:45 p.m. CYCLE PHYLLIS HUNTER GYM	9:15 - 10 a.m. CYCLE ADRIANE HUNTER GYM	8:15 - 9 a.m. YOGA CHRIS PAVILION	10:15 - 11 a.m. TOTALLY CORE CV GYM ADRIANE	9:15 - 10 a.m. CONDITIONING & CORE ADRIANE CV GYM	9:15 - 10 a.m. BOOTCAMP LAURA WARRIOR COURSE
6:45 - 7:30 p.m. STEP & SCULPT AMY CV GYM	6 - 6:45 p.m. CONDITIONING & CORE CASSY CV GYM	9:15 - 10 a.m. PUMP IT AMY HUNTER GYM	5:30 - 6:15 p.m. CYCLE LAUREN HUNTER GYM		10:15 - 11 a.m. LOW-IMPACT CARDIO & CONDITIONING AMY PAVILION
	6 - 6:45 p.m. KICKBOXING ROBERT HUNTER GYM	9:15 - 10 a.m. DANCE FITNESS CHRIS CV GYM	6 - 6:45 p.m. P90X CASSY CV GYM		
		5 - 5:45 p.m. CYCLE LORI HUNTER GYM			
		6 - 6:45 p.m. STRETCH LORI CV GYM			
					<b>SUNDAY</b>
					8:30 - 9:15 a.m. TOTAL BODY WORKOUT CASSY CV GYM
					10:30 - 11:15 a.m. STRETCH & STRENGTH CHRIS CV GYM