

GROUP EXERCISE SCHEDULE

June 1-30

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

The schedule is subject to change. Please visit us online at sewickleymca.org or 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	6 - 6:45 p.m. P90X CASSY CV 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	5:30 - 6:15 p.m. CYCLE LAUREN HUNTER GYM		
		5 - 5:45 p.m. CYCLE LORI HUNTER GYM			
		6 - 6:45 p.m. STRETCH LORI CV GYM			
					SUNDAY
					8:30 - 9:15 a.m. TOTAL BODY WORKOUT CASSY CV GYM
					10:30 - 11:15 a.m. STRETCH & STRENGTH CHRIS CV GYM