GROUP EXERCISE SCHEDULE

MAY 1 – 31

All classes are free as a member benefit and require registration, available three days in advance. Classes during the holiday season may be adjusted. For the most up to date class schedule or to make a reservation, visit us online at sewickleyymca.org or on our mobile app.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 :30 – 6:15 a.m. CYCLE MICHAEL F. CYCLE STUDIO	5:30 – 6:15 a.m. TONE & SCULPT AMY CV GYM	5:30 – 6:15 a.m. CYCLE MIKE CYCLE STUDIO	5:30 – 6:15 a.m. HIIT AMY CV GYM	5:30 – 6:15 a.m. CYCLE GEORGE CYCLE STUDIO	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 HUNTER GYM
9:15 – 10 a.m. TOTAL BODY WORKOUT AMY CV GYM	9:15 – 10 a.m. CYCLE ADRIANE CYCLE STUDIO	7:15 – 8 a.m. B.Y.O.B. CHRIS C.A.C.	8:15 – 9 a.m. STRETCH HUNTER GYM ADRIANE	7 – 7:45 a.m. YOGA CHRIS CV GYM	8:15 – 9 a.m. CYCLE ADRIANE CYCLE STUDIO
10:15 –11:15 a.m. DELAY THE DISEASE CHRIS CV GYM	9:15 – 10 a.m. TONE & SCULPT AMY CV GYM	8 – 8:45 a.m. BARRE AMY CV GYM	9:15– 10 a.m. CARDIO BOX AMY CV GYM	8:15 – 9 a.m. LOW IMPACT AMY C.A.C.	9:15 – 10 a.m. CARDIO PUMP AMY CV GYM
5:45 – 6:30 p.m. BOOTCAMP LORI CV GYM	6 – 6:45 p.m. CONDITIONING & CORE CASSY CV GYM	8 – 8:45 a.m. YOGA CHRIS C.A.C.	9:15 – 10 a.m. CYCLE ADRIANE CYCLE STUDIO	9:15 – 10 a.m. CONDITIONING & CORE ADRIANE CV GYM	9:15 – 10 a.m. CYCLE LAURA CYCLE STUDIO
6 – 6:45 p.m. CYCLE PHYLLIS CYCLE STUDIO	6:15 – 7 p.m. KICKBOXING ROBERT HUNTER GYM	9 – 9:45 a.m. PUMP IT AMY HUNTER GYM	5:30 – 6:15 p.m. CYCLE LAUREN CYCLE STUDIO	9:30 –10:15 a.m. DELAY THE DISEASE CHRIS CV GYM	**SUNDAY**
6 :45 – 7:30 p.m. STEP & SCULPT AMY CV GYM		9:15 – 10 a.m. DANCE FITNESS CHRIS CV GYM	6 – 6:45 p.m. P90X CASSY CV GYM		8:30 – 9:15 a.m. TOTAL BODY WORKOUT CASSY CV GYM
		10:15 –11:15 a.m. DELAY THE DISEASE CHRIS CV GYM			9:30 – 10:15 a.m. CYCLE CYCLE STUDIO
		5 – 5:45 p.m. PUMP IT LORI HUNTER GYM			10:30 – 11:15 a.m. STRETCH & STRENGTH CHRIS CV GYM
		6 – 6:45 p.m. CYCLE LORI CYCLE STUDIO			

VIRTUAL LIVE GROUP EXERCISE SCHEDULE

MAY 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 at sewickleyymca.org or our new mobile app to reserve your spot and check for the latest class availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 – 8:45 a.m. STRETCH & STRENGTH AMY	5:30 – 6:15 a.m. TONE & SCULPT AMY	8 – 8:45 a.m. CARDIO BARRE AMY	5:30 – 6:15 a.m. HIIT AMY	5:30 – 6:15 a.m. CARIO BARRE CHRIS	9:15 – 10 a.m. CARDIO PUMP AMY
9:15 – 10 a.m. TOTAL BODY WORKOUT AMY	8 – 8:45 a.m. STRETCH CHRIS	9:15 – 10 a.m. DANCE FITNESS CHRIS		9:15 – 10 a.m. CONDITIONING & CORE ADRIANE	**SUNDAY**
	9:15 – 10 a.m. TONE & SCULPT AMY				8:30 – 9:15 p.m. TOTAL BODY WORKOUT CASSY
	6 – 6:45 p.m. CONDITIONING & CORE CASSY				10:30 – 11:15 a.m. STRETCH & STRENGTH CHRIS