VIRTUAL LIVE GROUP EXERCISE SCHEDULE

NOVEMBER 1 – 30

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