VIRTUAL 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 online 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. CARDIO 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	
	9:15 – 10 a.m. TONE & SCULPT AMY				
	6– 6:45 p.m. CONDITIONING & CORE CASSY				

SUNDAY
8:30 – 9:15 a.m. TOTAL BODY WORKOUT CASSY
10:30 – 11:15 a.m. STRETCH AND STRENGTH CHRIS