

**Berwick Area YMCA**  
**FALL I 2021**  
**SEPT. 7TH TO OCT. 23RD**  
**Group Exercise Schedule**

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10-5:45 am	Studio	Fitness Fusion					
5:15-6:15 am	Studio		Strength Train Together		Strength Train Together		
5:15-6:15 am	Studio			Cardio Step Together			
8-8:45 am	Studio	Circuit Scramble		Circuit Scramble		Stretch	
8-8:45 am	Studio		Pilates		Pilates		
8-9 am	Studio						Cardio Step Together
9-9:50 am	Studio	Zumba	Body Shaping	Zumba	Body Shaping	Zumba	
9:15-10:15 am	Studio						Strength Train Together
10-10:50 am	Studio	Low Impact	Oldies Dance Party	Low Impact	Zumba Gold	Low Impact	
11-11:50 am	Studio	Silver Sneakers Classic	Silver Sneakers Yoga	Silver Sneakers Classic	Silver Sneakers Yoga	Silver Sneakers Classic	
5-5:50 pm	Studio	Cardio Sculpt	Yoga	Cardio Sculpt	Yoga		
6-7 pm	Studio	Cardio Step Together	Strength Train Together	Cardio Step Together	Strength Train Together		
6-7 pm	Test Track Boat Launch area	Y Walk		Y Walk			