

# Berwick Area YMCA

## FALL I

### SEPTEMBER 8th TO OCTOBER 24th

### Group Exercise Schedule

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6 am	Studio		Strength Train Together		Strength Train Together		
8-8:45 am	Studio	Circuit Scramble		Circuit Scramble		Stretch	
8-8:45 am (Fall I only)	Salem Track		***Outdoor Fitness Fusion		***Outdoor Fitness Fusion		
9-9:50 am	Studio	Zumba	Body Shaping	Zumba	Body Shaping	Cardio Kickboxing	
9-10 am	Studio						Strength Train Together
10-10:50 am	Studio		Low Impact	Silver Sneakers Circuit	Low Impact		
11-11:45 am	Studio	Silver Sneakers Classic		Silver Sneakers Yoga		Silver Sneakers Classic	
5-5:50 pm	Studio	Cardio Sculpt	Yoga	Cardio Sculpt	Yoga		
5:30-6:15 pm (Fall I only)	Test Track	***Outdoor Fitness Fusion		***Outdoor Fitness Fusion			
6-7:00 pm	Studio	Zumba	Strength Train Together	Zumba	Strength Train Together		

**\*\*\* OUTDOOR FITNESS FUSION CLASSES ARE CONDUCTED OUTSIDE AT OFFSITE LOCATIONS (it is recommended that you bring the following with you to each class: a mat, water, sunscreen and bug spray). PLEASE NOTE THE LOCATIONS LISTED FOR EACH TIME SLOT (when you get there, look for the Y logo signs). IF BAD WEATHER IS FORECASTED, THESE CLASSES CAN BE HELD INDOORS AT THE YMCA (you can call the Y or check the Y's FB page an hour before the class start time to see if it has been moved indoors). WE WILL BE ADHERING TO ALL SOCIAL DISTANCING RULES SO WEARING A MASK IS RECOMMENDED BUT NOT REQUIRED.**