

Berwick Area YMCA
SUMMER I 2021
JUNE 1ST TO JULY 10TH
Group Exercise Schedule

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15 am	Studio		Strength Train Together		Strength Train Together		
5:10-5:45 am	Studio	Fitness Fusion		Fitness Fusion			
8-8:45 am	Studio	Circuit Scramble		Circuit Scramble		Stretch	Club Cycle
8-8:45 am	Salem Track		Pilates		Pilates		
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	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	
5-5:45 pm	Outside grass lot			Adaptive Movement			
5-5:50 pm	Studio	Cardio Sculpt	Yoga	Cardio Sculpt	Yoga		
6-6:50 pm	Outside grass lot	Pure Power		Pure Power			
6-6:50 pm	Studio	Zumba (Summer I only)		Zumba (Summer I only)			
6-7 pm	Studio		Strength Train Together		Strength Train Together		
6-7 pm	Test Track (boat launch)	Y Walk		Y Walk			