

**Berwick Area YMCA**  
**WINTER 2021**  
**JAN. 4TH TO FEB. 20TH**  
**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	Pilates	Circuit Scramble	Pilates	Stretch	Club Cycle
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	Zumba Gold	Low Impact	Zumba Gold	Low Impact	
11-11:50 am	Studio	Silver Sneakers Classic	Silver Sneakers Circuit	Silver Sneakers Classic	Silver Sneakers Circuit	Silver Sneakers Classic	
12-12:45 pm	Studio		Silver Sneakers Yoga		Silver Sneakers Yoga		
5-5:50 pm	Studio	Cardio Sculpt	Yoga	Cardio Sculpt	Yoga		
6-6:45 pm	Studio	Core & More (Winter session only)		Core & More (Winter session only)			
6-7:00 pm	Studio		Strength Train Together		Strength Train Together		
7-7:50 pm	Studio	Zumba		Zumba			
7:15-8 pm			Club Cycle		Club Cycle		