

# The Berwick Area YMCA

## Fall 1 2018 Group Exercise Schedule

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 am	Studio, Gym or Y & F Wellness	Body Wurq				Body Wurq	
8-8:45 am	Y&F Wellness		Circuit Scramble		Circuit Scramble		
8-8:45 am	Y&F Wellness	Cycling-Indoor Group Ride		Cycling-Indoor Group Ride			
8-8:45 am	Studio					Stretch	
9-10:00 am	Studio						P90X
9-9:50 am	Studio	Zumba	Cardio Sculpt	Zumba	Cardio Sculpt	Zumba	
9:00 to noon	Gym	Senior Pickleball		Senior Pickleball	Senior Pickleball		
10-10:50 am	Studio	Low Impact	Zumba Gold	Low Impact	Zumba Gold	Low Impact	
11-11:50 am	Studio	SilverSneakers Classic	SilverSneakers Circuit	SilverSneakers Classic	SilverSneakers Circuit	SilverSneakers Classic	
Noon to 12:30	Studio	Meditation					
Noon to 12:50	Studio		SilverSneakers Yoga		SilverSneakers Yoga	SilverSneakers Circuit	
4-4:50 pm	Studio		Zumba		Zumba		
5-5:50 pm	Studio	Cardio Sculpt	Yoga	Cardio Sculpt	Yoga		
5:30-6:00 pm	Y&F Wellness	Zumba Kids Jr.					
6:00-6:50 pm	Studio	Zumba		Zumba			
6:00-6:25 pm	Studio		Hard Core		Hard Core		
6:15-6:45 pm	Y&F Wellness	Superstars					
6:30-7:30 pm	Studio		P90X		P90X		