

The Berwick Area YMCA

Winter 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	Pedal & Pump		Pedal & Pump			
8-8:45 am	Y&F Wellness		Circuit Scramble		Circuit Scramble		
8-8:45 am	Studio					STRETCH	
9-10:00 am	Studio						P90X
9-9:50 am	Studio	Zumba	Cardio Sculpt	Zumba	Cardio Sculpt	Zumba	
9-9:50 am	Y&F Wellness		Drums Alive Seniors		Drums Alive Seniors		
9:00-11:30 am	Gym	Senior Pickleball		Senior Pickleball	Senior Pickleball		
10-10:50 am	Studio	Low Impact	Zumba Gold	Low Impact	Zumba Gold	Low Impact	
10:15-11:05 am	Studio						Zumba
10:00-10:30 am	Y&F Wellness						Superstars
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 pm	Y&F Wellness	Zumba Kids Jr. (4 to 9 yr. olds)					
5:30-6 pm	Y&F Wellness			Kids Drums Alive (4 to 9 yr. olds)			
5:30-6:00 pm	Multi 1				Messy Play (2 to 5 yr. olds)		
6:00-6:50 pm	Studio	Zumba		Zumba			
6:00-6:25 pm	Studio		Hard Core		Hard Core		
6:15-7:00 pm	Studio					Country Heat Live	
6:30-7:30 pm	Studio		P90X		P90X		
7:00-7:30 pm	Studio	Body Chisel		Body Chisel			