



# Group Exercise Schedule

Updated July 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:30 a.m. Full Body Strength Amy	5:45 - 6:30 a.m. Early Bird Fitness Yoga Christy	5:45 - 6:30 a.m. Tabata & Core Amy	5:45 - 6:30 a.m. Ashtanga Vinyasa Yoga Alexis	5:45 - 6:30 a.m. Full Body Strength Amy	
					8:30 - 9:15 a.m. Cycling Christy
9:00 - 9:45 a.m. SilverSneakers® Circuit Kathy		9:00 - 9:45 a.m. SilverSneakers® Circuit Kathy	9:00 - 9:45 a.m. Level 1 Cycling Kathy		9:30 - 10:15 a.m. Zumba® Molly
	9:00 - 9:45 a.m. Strength & Core Alexa	9:00 - 9:45 a.m. Pump & Tone Ashley	9:00 - 9:45 a.m. Dance Energy <b>BEGINS JULY 21</b> Emilie	9:00 - 9:45 a.m. Fast & Lean Jillian	
10:00 - 10:45 a.m. Zumba® Molly	10:00 - 10:45 a.m. Rhythmic Pilates Alexa	10:00 - 10:45 a.m. Kickbox Fitness Ashley	10:00 - 10:50 a.m. Power Yoga McKayla	10:00 - 10:45 a.m. Bend & Balance Jillian	
	10:15 - 11:00 a.m. Zumba Gold® Judy	10:00 - 10:45 a.m. Agility & Balance Kathy		10:00 - 10:45 a.m. Level 1 Strength Jennifer	
	11:00 - 11:45 a.m. Restorative/Yin Yoga Alexa		11:00 - 11:45 a.m. Restorative/Yin Yoga McKayla		
					<i>Level 1 classes are great for beginners, seniors, or anyone looking for a lower intensity, but still effective, class.</i>
					<i>We suggest bringing a water bottle and small towel to each class.</i>
5:00 - 5:45 p.m. LifeStretch® Deb	5:30 - 6:15 p.m. BPM Cycling <b>BEGINS JULY 12</b> Bob	5:15 - 6:00 p.m. Sizzle & Sculpt Kim	5:00 - 5:45 p.m. LaBlast® Janice		
					<i>Yoga/Pilates: Please bring your own mat for sanitary/safety reasons. We will have a limited # of mats available for use.</i>
6:00 - 6:45 p.m. Cycling Mary Jo		6:00 - 6:45 p.m. Cycling Christy	6:00 - 7:00 p.m. Vin-to-Yin Yoga McKayla		

Colors indicate class locations:

- Group Exercise 1 Studio
- Group Exercise 2 / Spin Studio
- Large Group Fitness Studio

\* Schedule subject to change at any time. Please check the website <https://www.derrytownship.org/departments/parks-and-recreation> for the latest version of the Group Exercise Schedule.



*The only bad workout is no workout!*