

Kendal Group Fitness

Classes are 45 minutes in length

Unless otherwise indicated

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00a	Aqua Core Aquatic Facility	Aqua Fit Aquatic Facility	Aqua Core Aquatic Facility	Aqua Fit Aquatic Facility	Aqua Fit Aquatic Facility
8:45a	YMCA Strength Training 8:45-9:45	Cardio Gold Multi-Purpose Room	YMCA Strength Training 8:45-9:45	Cardio Gold Multi-Purpose Room	YMCA Strength Training 8:45-9:45
10:00a		Healthy Joints Aquatic Facility		Healthy Joints Aquatic Facility	
10:00a	Get Fit While You Sit Cumberland Lounge (30 minutes)	Get Fit While You Sit Cumberland Lounge (30 minutes)	Zumba Multi-Purpose Room	Get Fit While You Sit Cumberland Lounge (30 minutes)	Get Fit While You Sit Cumberland Lounge (30 minutes)
11:00a	Functional Balance Multi-Purpose Room		Functional Balance Multi-Purpose Room		Functional Balance Multi-Purpose Room
PM		Advanced Balance Multi-Purpose Room (30 minutes) 2:30-3:00	2) Six Week Specials Stability Ball Special → 6/7-7/12 or Balance, Fun & Games → 7/19-8/23 2:30 – 3:00 Meet in Multi-Purpose Room		Yoga Multi-Purpose Room 1:30 – 2:30

Effective 6/5/2017

Questions?

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