

# Kendal Group Fitness

**Classes are 45 minutes in length**

**Unless otherwise indicated**

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

**Effective 6/5/2017**

**Questions?**

**Suzanne Stevens, (484) 259-0219**