

# 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 8:45-9:45</b>	<b>Cardio Gold</b> Multi-Purpose Room	<b>YMCA Strength Training 8:45-9:45</b>	<b>Cardio Gold</b> Multi-Purpose Room	<b>YMCA Strength Training 8:45-9:45</b>
<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>Tai Chi</b> Multi-Purpose Room 1:30 – 2:30 9/3 & 9/17	<b>Advanced Balance</b> Multi-Purpose Room (30 minutes) 2:30-3:00			<b>Yoga</b> Multi-Purpose Room 1:30 – 2:30

**Effective 8/27/2018**

**Questions?**

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