



GROUP EXERCISE SCHEDULE

THE Y AT THE CAROL EDWARDS CENTER

December 1, 2017



Day/Time	Class/Area	Instructor
MONDAY		
9:30-10:15am	Mat Pilates*	Anelody
10:30-11:30am	Enhance Fitness® 1st visit free, then registration required	Kathy
11:45-12:45pm	Enhance Fitness® 1st visit free, then registration required	Teresa
1:00-2:00pm	ZUMBA®*	Kay
6:00-7:00pm	Dance Fitness*	Amy/Kim
TUESDAY		
9:30-10:30am	PiYo®*	Jami
12:30-1:30pm	Therapeutic Yoga For Multiple Sclerosis and Parkinson's Registration required. FM free, CM \$60	Elizabeth
6:00-7:00pm	Above The Barre*	Kelly
7:10-8:10pm	ZUMBA®*	Christie
WEDNESDAY		
9:30-10:15am	Mat Pilates*	Candy
10:30-11:30am	Enhance Fitness® 1st visit free, then registration required	Candy
11:45-12:45pm	Enhance Fitness® 1st visit free, then registration required	Treva
1:00-2:00pm	ZUMBA®*	Glenna
THURSDAY		
9:30-10:30am	PiYo®*	Jami
10:45-11:45am	ZUMBA® Toning*	Amy
12:00-1:00pm	Cardio Jam*	Christie
6:00-7:00pm	Above The Barre*	Sara
7:10-8:10pm	Cardio Jam*	Christie
FRIDAY		
9:30-10:15am	Mat Pilates*	Anelody
10:30-11:00am	Release and Roll	Anelody
11:15-12:15pm	Enhance Fitness® 1st visit free, then registration required	Claire
1:00-2:00pm	ZUMBA®*	Amy
SATURDAY		
9:00-10:00am	ZUMBA®*	Amy
10:15-11:15am	Above the Barre*	Sara & Kelly

* Childcare limited to class time and will be removed if consistent lack of attendance or for special circumstances.