



Land Fitness Schedule

Sandusky Area YMCA



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April 1 - 29, 2017

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u> Format Varies:
5:30-6:30 am Step Interval (Kathleen)	5:45-6:45 am Total Fitness (Carla)	5:30-6:30 am Group Cycle (Kathleen)	5:45-6:45 am Total Fitness (Carla/Sam)	5:30-6:30 am Boot Camp (Kathleen)	April 1st
8:00-9:00 am Yoga (Mat) (Dana)	8:15-9:15 Group Cycle (Kathleen)	8:00-9:00 am Yoga Stretch (Barb)		8:00-9:00 am Barre Above (Laura)	7:30-8:15 am Group Cycling (Kathleen)
9:15-10:15 am Strength Training (Dana/Loretta)	8:45-9:30 am Zumba® (Gym) (Melanie)	9:15-10:15 am Stength Training (Kathleen)	8:45-9:30 am Zumba® (Rita)	9:15-10:15 am Yoga (Mat) (Dana)	8:30 -9:30 am PiYo Live! (Kathleen)
10:45-11:45 am Yoga Stretch (Barb)	9:45-10:45 am Fitness Mix (Loretta)	10:30-11:30 am SilverSneakers® Classic/Circuit (Helmi/Kathleen)	9:45-10:45 am PiYo Live! (Crystal)	10:30-11:30 am SilverSneakers® Classic/Circuit (Kathleen)	April 8th
5:00-5:45 pm Team TreadFit Held in Fitness Center (Courtney) Limited space. Sign-up required.	12:10-1:00 pm Pilates (Kathleen)	5:45-6:30 pm Core Conditioning Sam/Laura	12:10-1:00 pm Pilates (Kathleen)		8:30-9:30 am Zumba® (Rita)
5:45-6:45 pm PiYo Live! (Kathleen)	5:45-6:45 pm Y-Step (Sam)	6:45-7:30 pm Team TreadFit Held in Fitness Center (Courtney) Limited space. Sign-up required.	5:45-6:45 pm Kettlebell Training (Dana)		April 15th
	7:15-8:15 pm Yoga (Dana)		7:00-8:00 pm Yoga (Dana)		8:30-9:30 am PiYo Live! (Crystal)
					April 22nd
					8:30-9:30 am TBA
					April 29th
					8:30-9:30 am Zumba® (Rita)

* Schedules available on-line: sanduskyareaymca.org

* Schedule is subject to change.

* For additional information, contact Kathleen (419) 621-9622, kschoder@clevelandymca.org

