



Caroline County Family YMCA
February 28th - March 6th

46 Denton Plaza
Denton, MD 21629
4104793060

	SUN 28	MON 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
5am		BODYPUMP™ Studio B Shirley McNatt 5:30am - 6:15am		BODYPUMP™ Studio B Shirley McNatt 5:30am - 6:15am			
8am							Group Cycle Studio B Helen Spinelli 8am - 9am
9am		Bootcamp Studio B Jillian Luna 9:30am - 10:30am	Strength Training Studio B Suzann Zdunowski 9am - 9:45am	BODYPUMP™ Studio B Jen Hodge 9:30am - 10:30am	Strength Training Studio B Suzann Zdunowski 9am - 9:45am	BODYPUMP™ Studio B Jen Hodge 9:30am - 10:30am	Family Yoga Studio B Helen Spinelli 9:15am - 10:15am
			Dance Fusion Studio A Lorie Tolson 9:30am - 10:30am				
10am		Core & More Studio B Jess Willoughby 10:45am - 11:30am	Stretch Studio B Suzann Zdunowski 10am - 10:30am	Core & More Studio B Jillian Luna 10:45am - 11:30am	Stretch Studio B Suzann Zdunowski 10am - 10:30am		
			BODYPUMP™ Express Studio B Lorie Tolson 10:45am - 11:15am		Vinyasa Yoga Studio A Helen Spinelli 10am - 11am		
			Steady & Strong Studio A Suzann Zdunowski 10:45am - 11:15am		Steady & Strong Studio B Suzann Zdunowski 10:45am - 11:15am		
11am	Pumped Up Cardio Studio B Shirley McNatt 11:15am - 12:45pm						
5pm		Dance Fusion Studio A Lorie Tolson 5:15pm - 6pm	Group Cycle Studio B Helen Spinelli 5:15pm - 6:15pm	Strength Training Studio B Jess Willoughby 5pm - 5:45pm	BODYPUMP™ Studio B Lorie Tolson 5:15pm - 6pm	Dance Fusion Studio B Caitlyn Poole 5:15pm - 5:45pm	
			Mat Pilates Studio A Tiffany Polly 5:30pm - 6:15pm	Dance Fusion Studio A Caitlyn Poole 5:15pm - 5:45pm	Mat Pilates Studio A Tiffany Polly 5:15pm - 6pm		
6pm		BODYPUMP™ Studio B Lorie Tolson 6:15pm - 7:15pm		BODYPUMP™ Studio B Shirley McNatt 6pm - 7pm	Dance Fusion Studio A Lorie Tolson 6:15pm - 7pm		
		Dance Fusion Studio A Caitlyn Poole 6:15pm - 6:45pm		POUND® Studio A Gabby Hantman 6pm - 7pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.