



Caroline County Family YMCA

May 7th - May 13th

46 Denton Plaza
Denton, MD 21629
4104793060

	TUE 7	WED 8	THU 9	FRI 10	SAT 11	SUN 12	MON 13
5am		BODYPUMP™ Studio B Shirley McNatt 5:30am - 6:15am					BODYPUMP™ Studio B Shirley McNatt 5:30am - 6:15am
9am	Cycle & Sculpt Studio B Judie Barroll 9am - 9:45am		Cycle & Sculpt Studio A Judie Barroll 9am - 9:45am	BODYPUMP™ Studio B Jen Hodge 9:30am - 10:30am			BODYPUMP™ Studio B Jen Hodge 9:30am - 10:30am
	Dance Fusion Studio A Rotating Instructor 9:30am - 10:30am						
10am	Steady & Strong Studio B Judie Barroll 10am - 10:30am		Steady & Strong Studio A Judie Barroll 10am - 10:30am	SHiNE™ Studio B Jen Hodge 10:45am - 11:30am			SHiNE™ Studio B Jen Hodge 10:45am - 11:30am
	Stretch Studio A Judie Barroll 10:45am - 11:15am		Steady & Strong Studio A Judie Barroll 10am - 10:30am				
			Stretch Studio A Judie Barroll 10:45am - 11:15am				
			Stretch Studio A Judie Barroll 10:45am - 11:15am				
11am			Line Dance Studio A Arlene Gordon- Martinez 11:30am - 12:30pm			Vinyasa Flow Yoga Studio B Markus Parizo 11:30am - 12:30pm	
3pm	Vinyasa Flow Yoga Studio A Markus Parizo 3:30pm - 4:30pm						
5pm	BODYPUMP™ Studio B Lorie Tolson 5:30pm - 6:15pm		Mat Pilates Studio A Tiffany Polly 5:15pm - 6pm	Dance Fusion Studio B Lorie Tolson 5:30pm - 6:15pm			
	Mat Pilates Studio A Tiffany Polly 5:30pm - 6:15pm						
6pm	Core & More Studio B Lorie Tolson 6:30pm - 7pm	POUND® Studio A Caitlyn Poole 6:15pm - 7:15pm		HIIT Studio B Lorie Tolson 6:30pm - 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.