



# Caroline County Family YMCA

June 25th - July 1st

46 Denton Plaza

Denton, MD 21629

4104793060

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
<b>8am</b>					<b>Group Cycle</b> Studio B Helen Spinelli 8am - 9am		
<b>9am</b>	<b>Step</b> Studio B RuthAnn Asche 9am - 9:45am	<b>Cardio Fusion</b> Studio B Lorie Tolson 9am - 9:30am	<b>Step</b> Studio B RuthAnn Asche 9am - 9:45am	<b>Dance Fusion</b> Studio B Caitlyn Poole 9am - 9:30am	<b>Family Yoga</b> Studio B Helen Spinelli 9am - 10am		<b>Bootcamp</b> Studio B Jillian Luna 9am - 9:30am
	<b>Dance Fusion</b> Studio A Lorie Tolson 9:30am - 10:30am	<b>Cycling</b> Studio A Lorie Tolson 9:30am - 10:30am	<b>Bootcamp</b> Studio A Jillian Luna 9:15am - 10am	<b>BODYPUMP™</b> Studio B Jen Hodge 9:30am - 10:30am			<b>BODYPUMP™</b> Studio B Jen Hodge 9:30am - 10:30am
	<b>Strength Training</b> Studio B RuthAnn Asche 9:45am - 10:30am	<b>BODYPUMP™</b> Studio B Jen Hodge 9:30am - 10:30am	<b>Strength Training</b> Studio B RuthAnn Asche 9:45am - 10:30am				
<b>10am</b>	<b>Stretch</b> Studio A RuthAnn Asche 10:30am - 11am	<b>Yin Yoga</b> Studio A Jen Hodge 10:30am - 11:30am	<b>Vinyasa Yoga</b> Studio A Susan Morrall 10am - 11am		<b>Active Kids</b> Studio B Caitlyn Poole 10am - 11am		<b>Modified Vinyasa Yoga</b> Studio B Jen Hodge 10:30am - 11:30am
	<b>Strength Training</b> Studio B Lorie Tolson 10:30am - 11:30am	<b>Floor, Core, and More</b> Studio B Lorie Tolson 10:30am - 11:30am	<b>Stretch</b> Studio B RuthAnn Asche 10:30am - 11am				
<b>11am</b>	<b>Steady &amp; Strong</b> Studio B RuthAnn Asche 11:15am - 11:45am		<b>Steady &amp; Strong</b> Studio B RuthAnn Asche 11:15am - 11:45am	<b>Modified Vinyasa Yoga</b> Studio B Susan Morrall 11:30am - 12:30pm	<b>Dance Fusion</b> Studio B Caitlyn Poole 11am - 11:30am		
<b>5pm</b>	<b>Cardio Fusion</b> Studio B Andrea Hill 5:15pm - 6pm	<b>Family Yoga</b> Studio A Helen Spinelli 5:15pm - 6:15pm	<b>Bootcamp</b> Studio B Jess Willoughby 5:15pm - 6pm				<b>Bootcamp</b> Studio A Jillian Luna 5pm - 5:45pm
	<b>Mat Pilates</b> Studio A Tiffany Polly 5:45pm - 6:45pm	<b>Core &amp; More</b> Studio B Andrea Hill 5:15pm - 5:45pm	<b>Mat Pilates</b> Studio A Tiffany Polly 5:30pm - 6:15pm				<b>Core &amp; More</b> Studio B Andrea Hill 5:15pm - 6pm
		<b>Express Strength</b> Studio B Jillian Luna 5:45pm - 6:15pm					
<b>6pm</b>	<b>Group Cycle</b> Studio B Helen Spinelli 6pm - 7pm	<b>POUND®</b> Studio B Gabby Hantman 6:15pm - 7:15pm	<b>Strength Training</b> Studio B Tiffany Polly 6:15pm - 7:15pm	<b>Dance Fusion</b> Studio B Caitlyn Poole 6pm - 6:30pm			<b>Active Kids</b> Studio A Jillian Luna 6pm - 6:45pm
				<b>BODYPUMP™</b> Studio B Lorie Tolson 6:30pm - 7:30pm			<b>Step</b> Studio B Lorie Tolson 6:30pm - 7:15pm

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.



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7pm							<b>BODYPUMP™ Express</b> Studio B Lorie Tolson 7:15pm - 7:45pm

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