



Caroline County Family YMCA
September 22nd - September 28th

46 Denton Plaza
Denton, MD 21629
4104793060

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
8am	Strength Training Studio B Suzann Zdunowski 8:45am - 9:30am				Group Cycle Studio B Helen Spinelli 8am - 9am		
9am	Dance Fusion Studio A Lorie Tolson 9:30am - 10:30am	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		Bootcamp Studio B Jillian Luna 9:30am - 10:30am
	Stretch Studio B Suzann Zdunowski 9:45am - 10:30am						
10am	BODYPUMP™ Express Studio B Lorie Tolson 10:45am - 11:15am	Core & More Studio B Jillian Luna 10:45am - 11:30am	Vinyasa Yoga Studio A Helen Spinelli 10am - 11am				Core & More Studio B Jess Willoughby 10:45am - 11:30am
	Steady & Strong Studio A Suzann Zdunowski 10:45am - 11:15am	Yin Yoga Studio A Jen H 10:45am - 11:30am	Stretch Studio B Suzann Zdunowski 10am - 10:45am				
11am			Steady & Strong Studio B Suzann Zdunowski 11am - 11:30am				
5pm	Group Cycle Studio B Helen Spinelli 5:15pm - 6:15pm	Dance Fusion Studio A Caitlyn Poole 5:15pm - 5:45pm	BODYPUMP™ Studio B Lorie Tolson 5:15pm - 6pm	Dance Fusion Studio B Caitlyn Poole 5:15pm - 5:45pm			Dance Fusion Studio A Lorie Tolson 5:15pm - 6pm
	Mat Pilates Studio A Tiffany Polly 5:30pm - 6:15pm		Mat Pilates Studio A Tiffany Polly 5:15pm - 6pm				
6pm			Dance Fusion Studio A Lorie Tolson 6:15pm - 7pm				Dance Fusion Studio A Caitlyn Poole 6:15pm - 6:45pm
							BODYPUMP™ Studio B Lorie Tolson 6:15pm - 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.