



# Caroline County Family YMCA

October 11th - October 17th

46 Denton Plaza

Denton, MD 21629

4104793060

	FRI 11	SAT 12	SUN 13	MON 14	TUE 15	WED 16	THU 17
5am				<b>BODYPUMP™</b> Studio B Shirley McNatt 5:30am - 6:15am		<b>BODYPUMP™</b> Studio B Shirley McNatt 5:30am - 6:15am	
9am	<b>BODYPUMP™</b> Studio B Jen Hodge 9:30am - 10:30am			<b>BODYPUMP™</b> Studio B Jen Hodge 9:30am - 10:30am	<b>Cycle &amp; Sculpt</b> Studio B Judie Barroll 9am - 9:45am		<b>Cycle &amp; Sculpt</b> Studio A Judie Barroll 9am - 9:45am
					<b>Dance Fusion</b> Studio A Rotating Instructor 9:30am - 10:30am		
10am	<b>SHiNE™</b> Studio B Jen Hodge 10:45am - 11:30am			<b>SHiNE™</b> Studio B Jen Hodge 10:45am - 11:30am	<b>Steady &amp; Strong</b> Studio B Judie Barroll 10am - 10:30am		<b>Steady &amp; Strong</b> Studio A Judie Barroll 10am - 10:30am
					<b>Stretch</b> Studio A Judie Barroll 10:45am - 11:15am		<b>Steady &amp; Strong</b> Studio A Judie Barroll 10am - 10:30am
							<b>Stretch</b> Studio A Judie Barroll 10:45am - 11:15am
							<b>Stretch</b> Studio A Judie Barroll 10:45am - 11:15am
11am			<b>Vinyasa Flow Yoga</b> Studio B Markus Parizo 11:30am - 12:30pm				<b>Line Dance</b> Studio A Arlene Gordon- Martinez 11:30am - 12:30pm
3pm					<b>Vinyasa Flow Yoga</b> Studio A Markus Parizo 3:30pm - 4:30pm		
5pm					<b>BODYPUMP™</b> Studio B Lorie Tolson 5:30pm - 6:15pm	<b>Cardio Kickboxing</b> Studio B Lorie Tolson 5:30pm - 6:15pm	<b>Mat Pilates</b> Studio A Tiffany Polly 5:15pm - 6pm
					<b>Mat Pilates</b> Studio A Tiffany Polly 5:30pm - 6:15pm		
6pm					<b>Core &amp; More</b> 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.