



# Caroline County Family YMCA

December 14th - December 20th

46 Denton Plaza

Denton, MD 21629

4104793060

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
8am	<b>Group Cycle</b> Studio B Helen Spinelli 8am - 9am						
9am	<b>Family Yoga</b> Studio B Helen Spinelli 9am - 10am		<b>BODYPUMP™</b> Studio B Jen Hodge 9:30am - 10:30am	<b>Step</b> Studio B Suzann Zdunowski 9am - 9:45am	<b>Cardio Fusion</b> Studio B Lorie Tolson 9am - 9:30am	<b>Strength Training</b> Studio B Suzann Zdunowski 9am - 9:45am	<b>Dance Fusion</b> Studio B Caitlyn Poole 9am - 9:30am
				<b>Bootcamp</b> Studio A Jillian Luna 9am - 9:30am	<b>BODYPUMP™</b> Studio B Jen Hodge 9:30am - 10:30am	<b>Group Cycle</b> Studio A Helen Spinelli 9am - 10am	<b>BODYPUMP™</b> Studio B Jen Hodge 9:30am - 10:30am
				<b>Dance Fusion</b> Studio A Lorie Tolson 9:30am - 10:30am	<b>Cycling</b> Studio A Lorie Tolson 9:30am - 10:30am	<b>Step</b> Studio B Suzann Zdunowski 9:45am - 10:30am	
				<b>Strength Training</b> Studio B Suzann Zdunowski 9:45am - 10:30am			
10am			<b>Modified Vinyasa Yoga</b> Studio B Jen Hodge 10:30am - 11:30am	<b>Stretch</b> Studio A Suzann Zdunowski 10:30am - 11am	<b>Floor, Core, and More</b> Studio B Lorie Tolson 10:30am - 11:30am	<b>Vinyasa Yoga</b> Studio A Susan Morrall 10am - 11am	<b>Vinyasa Yoga</b> Studio B Jen H 10:30am - 11:30am
				<b>Strength Training</b> Studio B Lorie Tolson 10:30am - 11:15am	<b>Yin Yoga</b> Studio A Jen Hodge 10:30am - 11:30am	<b>Stretch</b> Studio B Suzann Zdunowski 10:30am - 11am	
11am				<b>Steady &amp; Strong</b> Studio B Suzann Zdunowski 11:15am - 11:45am		<b>Steady &amp; Strong</b> Studio B Suzann Zdunowski 11:15am - 11:45am	<b>Modified Vinyasa Yoga</b> Studio B Susan Morrall 11:30am - 12:30pm
4pm				<b>Dance Fusion</b> Studio A Lorie Tolson 4:30pm - 5:15pm			
5pm			<b>Bootcamp</b> Studio A Jillian Luna 5pm - 5:45pm	<b>Mat Pilates</b> Studio A Tiffany Polly 5:15pm - 6pm	<b>Core &amp; More</b> Studio B Andrea Hill 5:15pm - 5:45pm	<b>Bootcamp</b> Studio B Jess Willoughby 5:15pm - 6pm	
			<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>Mat Pilates</b> Studio A Tiffany Polly 5:30pm - 6:15pm	
6pm			<b>Active Kids (Ages 7-11)</b> Studio A Jillian Luna 6pm - 6:30pm	<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

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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SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
		<b>Active Kids (Ages 4-6)</b> Studio B Caitlyn Poole 6pm - 6:30pm		<b>Dance Fusion</b> Studio A Erica Saunders 6:30pm - 7:15pm	<b>Active Kids</b> Studio A Jess Willoughby 6:15pm - 6:45pm	<b>BODYPUMP™ Express</b> Studio B Lorie Tolson 6:30pm - 7pm
		<b>Step</b> Studio A Suzann Zdunowski 6:30pm - 7pm				
		<b>BODYPUMP™</b> Studio B Lorie Tolson 6:30pm - 7:30pm				

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