



Kent County Family YMCA

April 27th - May 3rd

200 Scheeler Rd
Chestertown, MD 21620
(410) 778-3148

	SAT 27	SUN 28	MON 29	TUE 30	WED 1	THU 2	FRI 3
5am				Spin Studio 2 John Paoletta 5:15am - 6am		Spin Studio 2 John Paoletta 5:15am - 6am	
6am				BODYPUMP™ Studio 1 Erica Osterhout 6am - 7am		BODYPUMP™ Studio 1 Erica Osterhout 6am - 7am	
8am	Spin Studio 2 John Paoletta 8:30am - 9:15am		Step & Tone Studio 2 Patti Webb 8:30am - 9:30am	Spin Studio 2 Jen McColigan 8:30am - 9:30am	Step & Tone Studio 2 Patti Webb 8:30am - 9:30am	Spin Studio 2 Jen McColigan 8:30am - 9:30am	Step & Tone Studio 2 Patti Webb 8:30am - 9:30am
9am	Aqua Balance and Strength Natatorium Kimberly Huff 9am - 10am	Yoga Flow Chester River Room Kendra Bramble 9:15am - 10:15am		Athletic Yoga Sassafras River Room Jenny Howard 9am - 10:15am	Yoga Balance and Core Chester River Room Jenny Howard 9am - 10:15am	Restorative Yoga Chester River Room Jenny Howard 9am - 10am	Vinyasa Flow Yoga Chester River Room Kendra Bramble 9am - 10am
	BODYPUMP™ Studio 1 Susan Storm 9am - 10am			Vinyasa Chair Yoga Flow Level II Chester River Room Kendra Bramble 9am - 10am		Vinyasa Chair Yoga Flow Level II Chester River Room Kendra Bramble 9am - 10am	
	Vinyasa Flow Yoga Chester River Room Kendra Bramble 9am - 10am						
10am	Barre Studio 2 Susan Storm 10:15am - 11:15am		Steady & Strong Studio 1 Laura Bagley 10am - 10:45am	Aquacise Pool Lea Ann Hudson 10am - 11am	Steady & Strong Studio 1 Laura Bagley 10am - 10:45am	Body Sculpting Studio 1 Susan Storm 10am - 11am	BODYPUMP™ Studio 1 Ashton Mooday 10am - 11am
			Barre Studio 2 Beth Andrews 10am - 11am	Body Sculpting Studio 1 Susan Storm 10am - 11am	Restorative Yoga Chester River Room Jenny Howard 10:30am - 11:45am	Aquacise Pool Lea Ann Hudson 10am - 11am	
				Core Yoga Chester River Room Jenny Howard 10:30am - 11:45am		Yoga Balance and Core Chester River Room Jenny Howard 10:15am - 11:30am	
11am				Fit for Life Studio 1 Laura Bagley 11:15am - 12pm		Fit for Life Studio 1 Laura Bagley 11:15am - 12pm	Cardio Dance Studio 2 Gloria Carter 11:15am - 12pm
				Full Body Stretch Studio 2 Susan Storm 11:15am - 11:45am		Full Body Stretch Studio 2 Susan Storm 11:15am - 11:45am	
						Vinyasa Flow Yoga Chester River Room Jenny Howard 11:45am - 1pm	

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 27	SUN 28	MON 29	TUE 30	WED 1	THU 2	FRI 3
12pm			Abs and Intervals Studio 1 Jen McColigan 12:15pm - 1pm	Midday Flow Yoga Chester River Room Jenny Howard 12pm - 12:45pm	Abs and Intervals Studio 1 Jen McColigan 12:15pm - 1pm	Rock Steady Boxing (PD) Studio 1 PD Team; Genna, Shelley, Julie 12:15pm - 1:35pm	Strength Conditioning Studio 1 Patti Webb 12pm - 1pm
			Cardio Dance Studio 2 Gloria Carter 12:15pm - 1pm	Rock Steady Boxing (PD) Studio 1 PD Team; Genna, Shelley, Julie 12:15pm - 1:35pm	Cardio Dance Studio 2 Gloria Carter 12:15pm - 1pm		Spin Studio 2 Julie Gillespie 12:15pm - 1pm
1pm			Hatha Yoga Chester River Room Krista Hunt 1:15pm - 2pm				
4pm						Pickleball Open Play - Mixed Level Gymnasium B 4pm - 7pm	
5pm			Aqua Balance and Strength Pool Kimberly Huff 5pm - 6pm	Interval Training Studio 1 Maria Gillespie 5:15pm - 6pm	Aqua Aerobics Natatorium Benji McGowan 5pm - 6pm	Aqua Blast! Pool Benji McGowan 5pm - 6pm	
			Tai Chi Chester River Room Kelly Jones 5pm - 6pm		BODYPUMP™ Studio 1 Susan Storm 5:15pm - 6:15pm		
			BODYPUMP™ Studio 1 Susan Storm 5:15pm - 6:15pm				
6pm			Spin Studio 2 Patty Muller 6pm - 6:30pm		Spin Studio 2 Patty Muller 6pm - 7pm	Barre Express Studio 2 Andrea Boothby Rice 6pm - 6:30pm	
			Vinyasa Flow Yoga Chester River Room Sarah Smith-Putman 6:30pm - 7:35pm			Dancing on the Shore* Chester River Room Minnie Maloney 6:30pm - 7:30pm	
7pm			Zumba® Studio 2 Amy Rivera 7pm - 8pm	Dancing on the Shore* Chester River Room Maria Bagley 7pm - 8pm	Zumba® Studio 2 Amy Rivera 7pm - 8pm		

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