



Kent County Family YMCA
September 22nd - September 28th

800 High Street
Chestertown, MD 21620
(410) 778-3148

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
8am		Weights & Step Group Exercise Room 1 Patti Webb 8:30am - 9:30am		Weights & Step Group Exercise Room 1 Patti Webb 8:30am - 9:30am			Weights & Step Group Exercise Room 1 Patti Webb 8:30am - 9:30am
9am	Senior Fitness Facebook Live - YMCA of the Chesapeake Barbara Jarrell 9am - 9:45am	Tabata Facebook Live - YMCA of the Chesapeake Amy Sorg 9:30am - 10:30am		Senior Fitness Facebook Live - YMCA of the Chesapeake Barbara Jarrell 9am - 9:45am	Power Hour Group Exercise Room 2 Maria Cusimano 9am - 10am		
10am	Body Sculpting Group Exercise Room 1 Susan Storm 10am - 11am		Body Sculpting Group Exercise Room 1 Susan Storm 10am - 11am		Barre Group Exercise Room 1 Susan Storm 10am - 11am		Yoga Flow Facebook Live - YMCA of the Chesapeake Wendy Palmer 10:30am - 11:15am
11am	Barre Group Exercise Room 1 Susan Storm 11:30am - 12:15pm						
12pm	HIIT Group Exercise Room 2 Erica Osterhout 12:15pm - 1pm		HIIT Core Group Exercise Room 2 Erica Osterhout 12:15pm - 1pm	Quick HIIT Group Exercise Room 2 Erica Osterhout 12:15pm - 12:45pm			
5pm		HIIT Group Exercise Room 2 Erica Osterhout 5:15pm - 6pm					HIIT Group Exercise Room 2 Erica Osterhout 5:15pm - 6pm

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.