



# Lower Shore Family YMCA

April 25th - May 1st

1900 Worcester HWY  
Pocomoke City, MD 21851  
410.957.9622

	THU 25	FRI 26	SAT 27	SUN 28	MON 29	TUE 30	WED 1
8am		<b>Bootcamp</b> Group Exercise Kim Lambertson 8am - 9am			<b>Bootcamp</b> Group Exercise Kim Lambertson 8am - 9am		<b>Bootcamp</b> Group Exercise Kim Lambertson 8am - 9am
		<b>Deep Water Circuit</b> Pool Deb Peccia 8am - 9am			<b>Deep Water Circuit</b> Pool Deb Peccia 8am - 9am		<b>Deep Water Circuit</b> Pool Deb Peccia 8am - 9am
		<b>Water Exercise</b> Pool Amanda Graves 8am - 9am			<b>Water Exercise</b> Pool Amanda Graves 8am - 9am		<b>Water Exercise</b> Pool Amanda Graves 8am - 9am
9am	<b>Low Impact &amp; Strength</b> Group Exercise MaryBrad Lambertson 9am - 10am					<b>Low Impact &amp; Strength</b> Group Exercise MaryBrad Lambertson 9am - 10am	
10am					<b>Core &amp; More</b> Group Exercise MaryBrad Lambertson 10am - 10:30am		<b>Core &amp; More</b> Group Exercise MaryBrad Lambertson 10am - 10:30am
					<b>Active Adult Training</b> Group Exercise MaryBrad Lambertson 10:30am - 11am		<b>Active Adult Training</b> Group Exercise MaryBrad Lambertson 10:30am - 11am
11am					<b>Chair Yoga</b> Group Exercise MaryBrad Lambertson 11:05am - 11:30am		
5pm	<b>BODYPUMP™</b> Group Exercise Leah Huey 5:45pm - 6:45pm				<b>BODYPUMP™</b> Group Exercise Leah Huey 5:45pm - 6:45pm		<b>HIIT</b> Group Exercise Leah Huey 5:45pm - 6:45pm
6pm					<b>Water Exercise</b> Pool Sarah Brinton 6pm - 7pm		<b>Water Exercise</b> Pool Sarah Brinton 6pm - 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.