



Lower Shore Family YMCA
June 25th - July 1st

1900 Worcester HWY
Pocomoke City, MD 21851
410.957.9622

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
8am		Deep Water Circuit Pool Roxanne Owens 8am - 8:45am		Deep Water Circuit Pool Roxanne Owens 8am - 8:45am			Deep Water Circuit Pool Roxanne Owens 8am - 8:45am
		Bootcamp Group Exercise Rotating Instructor 8:45am - 9:45am		Bootcamp Group Exercise Rotating Instructor 8:45am - 9:45am			Bootcamp Group Exercise Rotating Instructor 8:45am - 9:45am
9am	AquaBLAST! (shallow) Pool Debra Sorenson 9am - 9:45am	Shallow Water Circuit Pool Roxanne Owens 9am - 9:45am	Step & Sculpt Group Exercise MaryBrad Lambertson 9am - 10am	Shallow Water Circuit Pool Roxanne Owens 9am - 9:45am			Shallow Water Circuit Pool Roxanne Owens 9am - 9:45am
	Low Impact & Strength Group Exercise MaryBrad Lambertson 9am - 10am						
10am		Core & More Group Exercise MaryBrad Lambertson 10am - 10:30am		Core & More Group Exercise Holly Romano 10am - 10:30am			Core & More Group Exercise MaryBrad Lambertson 10am - 10:30am
		Active Adult Training Group Exercise MaryBrad Lambertson 10:30am - 11am		Active Adult Training Group Exercise Holly Romano 10:30am - 11am			Active Adult Training Group Exercise MaryBrad Lambertson 10:30am - 11am
11am							Chair Yoga Group Exercise MaryBrad Lambertson 11:05am - 11:35am
12pm		Zumba Toning Group Exercise Chris Pagan 12pm - 1pm					
5pm		HIIT Group Exercise Leah Huey 5:45pm - 6:45pm	BODYPUMP™ Group Exercise Leah Huey 5:45pm - 6:45pm				BODYPUMP™ Group Exercise Leah Huey 5:45pm - 6:45pm
6pm		AquaBLAST! (shallow) Pool Debra Sorenson 6pm - 6:45pm					

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.