



Lower Shore Family YMCA
September 22nd - September 28th

1900 Worcester HWY
Pocomoke City, MD 21851
410.957.9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
8am		Deep Water Circuit Pool Roxanne Owens 8am - 8:45am		Deep Water Circuit Pool Roxanne Owens 8am - 8:45am			Bootcamp Group Exercise Kim Lambertson 8am - 9am
		Bootcamp Group Exercise Kim Lambertson 8am - 9am		Bootcamp Group Exercise Kim Lambertson 8am - 9am			Deep Water Circuit Pool Roxanne Owens 8am - 8:45am
9am	Low Impact & Strength Group Exercise MaryBrad Lambertson 9am - 10am		Low Impact & Strength Group Exercise MaryBrad Lambertson 9am - 10am		Body Sculpting Group Exercise Shelly Seibert 9am - 10am		
10am		Core & More Group Exercise MaryBrad Lambertson 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 MaryBrad Lambertson 10:30am - 11am
11am		Tai Chi Group Exercise Dr Bob McBrien 11am - 12pm					Chair Yoga Group Exercise MaryBrad Lambertson 11am - 11:30am
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		Water Exercise Group Exercise Sarah Freeman Dana Painter 6pm - 7pm		Water Exercise Group Exercise Sarah Freeman Dana Painter 6pm - 7pm			Water Exercise Group Exercise Sarah Freeman Dana Painter 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.