



Lower Shore Family YMCA
October 11th - October 17th

1900 Worcester HWY
Pocomoke City, MD 21851
410.957.9622

	FRI 11	SAT 12	SUN 13	MON 14	TUE 15	WED 16	THU 17
8am	Bootcamp Group Exercise Kim Lambertson 8am - 9am	Deep Water Circuit Group Exercise Deb Peccia 8am - 9am		Bootcamp Group Exercise Kim Lambertson 8am - 9am		Bootcamp Group Exercise Kim Lambertson 8am - 9am	
	Deep Water Circuit Pool Deb Peccia 8am - 9am			Deep Water Circuit Pool Deb Peccia 8am - 9am		Deep Water Circuit Pool Deb Peccia 8am - 9am	
9am					Low Impact & Strength Group Exercise MaryBrad Lambertson 9am - 10am		Low Impact & Strength Group Exercise MaryBrad Lambertson 9am - 10am
10am	Water Exercise Pool Amanda Graves 10:30am - 11:30am			Core & More Group Exercise MaryBrad Lambertson 10am - 10:30am		Core & More Group Exercise MaryBrad Lambertson 10am - 10:30am	All Levels Yoga Group Exercise Kerrie Kuczinski 10am - 11am
				Active Adult Training Group Exercise MaryBrad Lambertson 10:30am - 11am		Active Adult Training Group Exercise MaryBrad Lambertson 10:30am - 11am	
				Water Exercise Pool Amanda Graves 10:30am - 11:30am		Water Exercise Pool Amanda Graves 10:30am - 11:30am	
11am				Chair Yoga Group Exercise MaryBrad Lambertson 11:05am - 11:30am			
5pm				BODYPUMP™ Group Exercise Leah Huey 5:45pm - 6:45pm		HIIT Group Exercise Leah Huey 5:45pm - 6:45pm	BODYPUMP™ Group Exercise Leah Huey 5:45pm - 6:45pm
6pm				Water Exercise Pool Sarah Brinton 6pm - 7pm		Water Exercise 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.