



Lower Shore Family YMCA
December 14th - December 20th

1900 Worcester HWY
Pocomoke City, MD 21851
410.957.9622

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
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			Shallow Water Circuit Pool Roxanne Owens 9am - 9:45am	Low Impact & Strength Group Exercise MaryBrad Lambertson 9am - 10am	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
10am			Core & More Group Exercise MaryBrad Lambertson 10am - 10:30am	All Levels Yoga Group Exercise Colleen Sullivan 10am - 11am	Core & More Group Exercise MaryBrad Lambertson 10am - 10:30am		Core & More Group Exercise Holly Romano 10am - 10:30am
			Active Adult Training Group Exercise MaryBrad Lambertson 10:30am - 11am		Active Adult Training Group Exercise MaryBrad Lambertson 10:30am - 11am		Active Adult Training Group Exercise Holly Romano 10:30am - 11am
11am			Chair Yoga Group Exercise MaryBrad Lambertson 11:05am - 11:35am				
12pm					Zumba Toning Group Exercise Chris Pagan 12pm - 1pm		
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			Aqua Shape Pool Sarah Brinton 6pm - 7pm		Aqua Shape 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.