



David Landsberger Family YMCA  
April 18th - April 24th

6395 Maddox Blvd  
Chincoteague Island, VA  
23336  
757.336.6266

	THU 18	FRI 19	SAT 20	SUN 21	MON 22	TUE 23	WED 24
8am	<b>PiYo™</b> Group Exercise Studio Brooke Wright 8am - 9am				<b>Aqua Aerobics</b> Refuge Inn Indoor Pool - 7058 Maddox Boulevard Sandra Lotz 8am - 9am	<b>PiYo™</b> Group Exercise Studio Brooke Wright 8am - 9am	<b>Aqua Aerobics</b> Refuge Inn Indoor Pool - 7058 Maddox Boulevard Sandra Lotz 8am - 9am
					<b>Strength &amp; Stretch</b> Group Exercise Studio Brooke Wright 8am - 9am		<b>Strength &amp; Stretch</b> Group Exercise Studio Brooke Wright 8am - 9am
9am	<b>Hybrid Hatha Yoga</b> Group Exercise Studio Gail Bannon 9:30am - 11am		<b>POUND®</b> Group Exercise Studio Jen O'Brien 9am - 9:45am		<b>Aqua Aerobics</b> Refuge Inn Indoor Pool - 7058 Maddox Boulevard Sandra Lotz 9am - 10am	<b>Hybrid Hatha Yoga</b> Group Exercise Studio Gail Bannon 9:30am - 11am	<b>Aqua Aerobics</b> Refuge Inn Indoor Pool - 7058 Maddox Boulevard Sandra Lotz 9am - 10am
			<b>AMPD Burn®</b> Group Exercise Studio Jen O'Brien 9:45am - 10:15am				
11am					<b>Steady &amp; Strong</b> Group Exercise Studio Sandra Lotz 11am - 11:45am		<b>Steady &amp; Strong</b> Group Exercise Studio Sandra Lotz 11am - 11:45am
2pm						<b>Senior Circuit</b> Group Exercise Studio Bob Zoller 2pm - 2:45pm	
4pm	<b>Cycling</b> Island Activity Center - 6301 Smith Street Stephen Joe 4pm - 5pm				<b>Cycling</b> Island Activity Center - 6301 Smith Street Stephen Joe 4pm - 5pm		<b>Cycling</b> Island Activity Center - 6301 Smith Street Stephen Joe 4pm - 5pm
6pm					<b>POUND®</b> Group Exercise Studio Jen O'Brien 6pm - 7pm		<b>POUND®</b> Group Exercise Studio Jen O'Brien 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.