



Chincoteague Island Family YMCA  
June 25th - July 1st

6395 Maddox Blvd  
Chincoteague Island, VA  
23336  
757.336.6266

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
8am	<b>Walking Program</b> Chincoteague Center Barbara Walker 8am - 9am	<b>Cardio Kickboxing</b> Group Exercise Room Katie O'Shea 8:30am - 9:15am	<b>Walking Program</b> Chincoteague Center Barbara Walker 8am - 9am				<b>Cardio Kickboxing</b> Group Exercise Room Katie O'Shea 8:30am - 9:15am
9am	<b>PiYo™</b> Group Exercise Room Brooke Brown 9am - 10am	<b>Cardio Fusion</b> Group Exercise Room Rosemary Orlando 9:30am - 10:30am	<b>PiYo™</b> Group Exercise Room Brooke Brown 9am - 10am		<b>POUND®</b> Group Exercise Room Jen O 9am - 10am		<b>Cardio Fusion</b> Group Exercise Room Rosemary Orlando 9:30am - 10:30am
10am					<b>Vinyasa Yoga</b> Group Exercise Room Mackenzie Frankenberg 10:15am - 11:15am		
11am			<b>Vinyasa Yoga</b> Group Exercise Room Mackenzie Frankenberg 11:15am - 12:30pm				
12pm			<b>Cycling</b> Island Activity Center (IAC) Steven Joe 12pm - 1pm				
2pm			<b>Active Adult Training</b> Group Exercise Room Bob Zoller 2pm - 3pm				<b>Active Adult Training</b> Group Exercise Room Bob Zoller 2pm - 3pm
3pm			<b>Stretch</b> Group Exercise Room Rosemary Orlando 3pm - 3:30pm				<b>Stretch</b> Group Exercise Room Rosemary Orlando 3pm - 3:30pm
5pm							<b>Cycling</b> Island Activity Center (IAC) Steven Joe 5pm - 6pm
6pm	<b>Cardio Kick</b> Group Exercise Room Rosemary Orlando 6pm - 7pm	<b>POUND®</b> Group Exercise Room Jennifer O'Brien 6pm - 7pm	<b>Cardio Kick</b> Group Exercise Room Rosemary Orlando 6pm - 7pm	<b>Vinyasa Yoga</b> Group Exercise Room Mackenzie Frankenberg 6pm - 7pm			<b>POUND®</b> Group Exercise Room Jennifer 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.