



David Landsberger Family YMCA
September 22nd - September 28th

6395 Maddox Blvd
Chincoteague Island, VA
23336
757.336.6266

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
8am	PiYo™ Group Exercise Studio Nicole Miller 8am - 9am	Bootcamp Group Exercise Studio Brooke Brown 8am - 9am	PiYo™ Group Exercise Studio Nicole Miller 8am - 9am				Bootcamp Group Exercise Studio Brooke Brown 8am - 9am
9am	Senior Fitness YMCA of the Chesapeake Facebook Page Barbara Jarrell 9am - 10am	Tabata YMCA of the Chesapeake Facebook Page Amy Sorg 9:30am - 10:30am	Strength & Core YMCA of the Chesapeake Facebook Page Tracy Eutsler 9:15am - 10:15am	Senior Fitness YMCA of the Chesapeake Facebook Page Barbara Jarrell 9am - 10am	POUND® Group Exercise Studio Jen O'Brien 9am - 10am		
10am		Yoga (Alignment) Group Exercise Studio Chuck Parvis 10:45am - 12pm		Yoga (Alignment) Group Exercise Studio Chuck Parvis 10:45am - 12pm	Vinyasa Yoga Group Exercise Studio Mackenzie Frankenberg 10:15am - 11:30am		Yoga Flow YMCA of the Chesapeake Facebook Page Wendy Palmer 10:30am - 11:30am
5pm				Yoga (Alignment) Group Exercise Studio Chuck Parvis 5:30pm - 6:45pm			
6pm		POUND® Group Exercise Studio Jen O'Brien 6pm - 7pm					POUND® 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.