



David Landsberger Family YMCA
December 14th - December 20th

6395 Maddox Blvd
Chincoteague Island, VA
23336
757.336.6266

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
9am	POUND® Group Exercise Studio Jen O'Brien 9am - 10am		Cardio Fusion Group Exercise Studio Rosemary Orlando 9:30am - 10:30am	PiYo™ Group Exercise Studio Brooke Brown 9am - 10am	Cardio Fusion Group Exercise Studio Rosemary Orlando 9:30am - 10:30am	PiYo™ Group Exercise Studio Brooke Brown 9am - 10am	Cardio Fusion Group Exercise Studio Rosemary Orlando 9:30am - 10:30am
10am	Vinyasa Yoga Group Exercise Studio Mackenzie Frankenberg 10:15am - 11:30am						
2pm			Active Adult Training Group Exercise Studio Bob Zoller 2pm - 3pm			Active Adult Training Group Exercise Studio Bob Zoller 2pm - 3pm	
3pm			Stretch Group Exercise Studio Rosemary Orlando 3pm - 3:30pm			Stretch Group Exercise Studio Rosemary Orlando 3pm - 3:30pm	
6pm			POUND® Group Exercise Studio Jennifer O'Brien 6pm - 7pm	Cardio Kick Group Exercise Studio Rosemary Orlando 6pm - 7pm	POUND® Group Exercise Studio Jennifer O'Brien 6pm - 7pm	Cardio Kick Group Exercise Studio Rosemary Orlando 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.