



Pauline F. & W. David Robbins Family YMCA
June 25th - July 1st

201 Talbot Avenue
CAMBRIDGE, MD 21613
(410) 221-0505

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am		Spin Cycling Studio Rebecca Fox 5:15am - 6am		Cycle Cycling Studio Jennifer Burton 5:15am - 6:15am			
6am		Core & More Studio II Rebecca Fox 6:05am - 6:35am					
8am	Deep Water HIIT Pool Sandi Whitehurst 8am - 9am	Intermediate Line Dancing Studio I Julianna Pax 8am - 9am	Deep Water HIIT Pool Sandi Whitehurst 8am - 9am	Aqua Circuit Pool Barbara Wheatley 8am - 9am	Express Cycling Cycling Studio Rotating Instructor 8am - 8:45am		Spin Cycling Studio Dale Schrader 8:30am - 9:30am
		Spin Cycling Studio Dale Schrader 8:30am - 9:30am	Line Dance Studio I Julianna Pax 8am - 9am	Intermediate Line Dancing Studio I Julianna Pax 8am - 9am	Aqua Shape Pool Rotating Instructor 8am - 8:45am		
				Cycle Cycling Studio Audra Campbell 8:30am - 9:30am			
9am	Water Aerobics Pool Barbara Wheatley 9am - 10am	AYAP Pool Barbara Wheatley 9am - 10am	Line Dance Studio I Julianna Pax 9am - 10am	AYAP Pool Barbara Wheatley 9am - 10am	Zumba Toning Studio I Rotating Instructor 9am - 10am		Line Dance Studio I Julianna Pax 9am - 10am
	Fitness Yoga Studio II Tracy Maccherola 9:15am - 10:15am	Water Aerobics Pool Barbara Wheatley 9am - 10am	Water Aerobics Pool Barbara Wheatley 9am - 10am	Line Dance Studio I Julianna Pax 9am - 10am	Cardio Kickboxing Stage Alison McDaniel 9am - 10am		AYAP Pool Barbara Wheatley 9am - 10am
		Line Dance Studio I Julianna Pax 9am - 10am					
10am	Low Impact & Strength Studio I Gail Benjamin 10am - 11am	Tai Chi Studio II Elizabeth . 10am - 11am	Low Impact & Strength Studio I Gail Benjamin 10am - 11am	BODYPUMP™ Gymnasium Dale Schrader 10am - 11am	BODYPUMP™ Stage Rotating Instructor 10:05am - 11:05am		BODYPUMP™ Gymnasium Jessica Suggs 10am - 11am
		BODYPUMP™ Gymnasium Dale Schrader 10am - 11am					Steady & Strong Studio I Donna Towers 10am - 11am
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		Tai Chi Studio II Elizabeth . 10am - 11am					

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.



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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
4pm							Floor, Core, and More Studio II Kristin Lockerman 4:30pm - 5:15pm
5pm	Spin Cycling Studio Shelby Travers 5:30pm - 6:15pm	Zumba Toning Stage Veronica Taylor 5:30pm - 6:30pm	Spin Cycling Studio Angie Hengst 5:45pm - 6:30pm				Zumba Toning Stage Jessica Suggs 5:15pm - 6:15pm
							Cycling Cycling Studio Kristin Lockerman 5:30pm - 6:15pm
6pm	Step &Tone Stage Pam Toth 6pm - 7pm	Shallow Water Circuit Pool Debbie Hubbard 6pm - 6:45pm	BODYPUMP™ Stage Jessica Suggs 6:15pm - 7:15pm				Shallow Water Circuit Pool Debbie Hubbard 6pm - 6:45pm
							BODYPUMP™ Stage Jessica Suggs 6:15pm - 7:15pm

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