



Pauline F. & W. David Robbins Family YMCA

September 22nd - September 28th

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

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
8am	Deep Water HIIT Pool Dale Schrader 8am - 9am	Line Dance Gymnasium Julianna Pax 8am - 9am	Deep Water HIIT Pool Dale Schrader 8am - 9am	Line Dance Gymnasium Julianna Pax 8am - 9am	Water Aerobics Pool Debbie Hubbard 8am - 8:45am		Zumba® Outdoors Kim Tobat 8am - 9am
		Water Aerobics Pool Barbara Wheatley 8am - 9am	Intermediate Line Dancing Gymnasium Julianna Pax 8am - 9:30am	Water Aerobics Pool Barbara Wheatley 8am - 9am			Intermediate Line Dancing Gymnasium Julianna Pax 8am - 9:30am
		Cycling Studio II Audra Campbell 8:30am - 9:30am		Cycling Studio II Audra Campbell 8:30am - 9:30am			Water Aerobics Pool Barbara Wheatley 8am - 9am
							Cycling Studio II Audra Campbell 8:30am - 9:30am
9am	Arthritis Water Program Pool Barbara Wheatley 9:30am - 10:30am	Arthritis Water Program Pool Barbara Wheatley 9:30am - 10:30am	Arthritis Water Program Pool Barbara Wheatley 9:30am - 10:30am	Shallow Water Circuit Pool Barbara Wheatley 9:30am - 10:30am			Arthritis Water Program Pool Barbara Wheatley 9:30am - 10:30am
	Water Aerobics Pool Barbara Wheatley 9:30am - 10am		Water Aerobics Pool Barbara Wheatley 9:30am - 10am				
10am	Low Impact & Strength Gymnasium Gail Benjamin 10am - 11am	Steady & Strong Outdoors Donna Towers 10am - 10:45am	Low Impact & Strength Gymnasium Gail Benjamin 10am - 11am	BODYPUMP™ Gymnasium Dale Schrader 10am - 11am			BODYPUMP™ Gymnasium Dale Schrader 10am - 11am
		BODYPUMP™ Gymnasium Dale Schrader 10am - 11am					Steady & Strong Outdoors Donna Towers 10am - 10:45am
5pm	Zumba® Studio I Becky Bradford 5:30pm - 6:30pm	Gentle Yoga Gymnasium Mary Leonard 5:30pm - 6:30pm					Water Aerobics Pool Debbie Hubbard 5:30pm - 6:15pm
		Gentle Yoga Studio I Mary Leonard 5:30pm - 6:30pm					Step & Tone Studio I Kathy Yorton 5:30pm - 6:15pm
		Water Aerobics Pool Debbie Hubbard 5:30pm - 6:15pm					Express Cycling Studio II Victoria Windmiller 5:45pm - 6:30pm
6pm		POUND® Gymnasium Kathy Yorton 6:30pm - 7:15pm	BODYPUMP™ Gymnasium Denise Haddaway 6:30pm - 7:30pm				BODYPUMP™ Gymnasium Denise Haddaway 6:30pm - 7:30pm

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.