



Pauline F. & W. David Robbins Family YMCA
December 14th - December 20th

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

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
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	Aqua Shape Pool Rotating Instructor 8am - 8:45am		Spin Cycling Studio Audra Campbell 8:30am - 9:30am	Deep Water HIIT Pool Dale Schrader 8am - 9am	Intermediate Line Dancing Studio I Julianna Pax 8am - 9am	Deep Water HIIT Pool Dale Schrader 8am - 9am	Intermediate Line Dancing Studio I Julianna Pax 8am - 9am
					Spin Cycling Studio Audra Campbell 8:30am - 9:30am	Line Dance Studio I Julianna Pax 8am - 9am	Aqua Circuit Pool Barbara Wheatley 8am - 9am
9am	Zumba Toning Studio I Rotating Instructor 9am - 10am		AYAP Pool Barbara Wheatley 9am - 10am	Water Aerobics Pool Barbara Wheatley 9am - 10am	Water Aerobics Pool Barbara Wheatley 9am - 10am	Tai Chi Studio II Elizabeth . 9am - 10am	Line Dance Studio I Julianna Pax 9am - 10am
	Express Cycling Cycling Studio Rotating Instructor 9am - 9:45am		Line Dance Studio I Julianna Pax 9am - 10am	Fitness Yoga Stage Tracy Maccherola 9:15am - 10:15am	AYAP Pool Barbara Wheatley 9am - 10am	Line Dance Studio I Julianna Pax 9am - 10am	AYAP Pool Barbara Wheatley 9am - 10am
	Cardio Kickboxing Stage Alison McDaniel 9am - 10am		Zumba® Stage Kim Tobat 9am - 10am		Line Dance Studio I Julianna Pax 9am - 10am	Water Aerobics Pool Barbara Wheatley 9am - 10am	
						Gentle Yoga Stage Tracy Maccherola 9:15am - 10:15am	
10am	BODYPUMP™ Stage Rotating Instructor 10:15am - 11:15am		Steady & Strong Studio I Donna Towers 10am - 10:45am	Low Impact & Strength Studio I Gail Benjamin 10am - 11am	BODYPUMP™ Gymnasium Denise Haddaway 10am - 11am	Low Impact & Strength Studio I Gail Benjamin 10am - 11am	BODYPUMP™ Gymnasium Dale Schrader 10am - 11am
			BODYPUMP™ Gymnasium Dale Schrader 10am - 11am		Tai Chi Studio II Elizabeth . 10am - 11am		
					Steady & Strong Studio I Donna Towers 10am - 10:45am		
11am			Enhance@Fitness Studio I Donna Towers 11am - 12pm		Enhance@Fitness Studio I Donna Towers 11am - 12pm		Enhance@Fitness Studio I Donna Towers 11am - 12pm

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.



Pauline F. & W. David Robbins Family YMCA
December 14th - December 20th

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

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
5pm			Zumba Toning Stage Jessica Suggs 5:15pm - 6:15pm	Spin Cardiovascular and Strength Equipment Room Victoria Windmiller 5:30pm - 6:15pm	Yoga (Alignment) Studio II Mary Leonard 5:30pm - 6:30pm	Insanity Live® Stage Anna Windle 5:30pm - 6pm	
			Shallow Water Circuit Pool Debbie Hubbard 5:30pm - 6:15pm		Shallow Water Circuit Pool Debbie Hubbard 5:30pm - 6:15pm	Spin Cycling Studio Angie Hengst 5:45pm - 6:30pm	
			Cycling Cycling Studio Victoria Windmiller 5:30pm - 6:15pm				
6pm			BODYPUMP™ Stage Jessica Suggs 6:15pm - 7:15pm		Yoga (Alignment) Studio II Mary Leonard 6:30pm - 7:30pm	BODYPUMP™ Stage Jessica Suggs 6:15pm - 7:15pm	
7pm						Step Stage Holly Gilpin 7:15pm - 8pm	

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.