



Queen Anne's County Family YMCA

April 18th - April 24th

210 Vincit Street
Centreville, MD 21617
443.262.9994

	THU 18	FRI 19	SAT 20	SUN 21	MON 22	TUE 23	WED 24
5am	AMPD Kickboxing Group Exercise 2 Melissa Lucas 5am - 5:45am	LES MILLS CORE™ Group Exercise 1 Shirley McNatt 5am - 5:45am			Cycle & Sculpt Group Exercise 1 Diane Piazza 5:15am - 6:15am	AMPD Kickboxing Group Exercise 2 Melissa Lucas 5am - 5:45am	AMPD Kettlebell Group Exercise 2 Melissa Lucas 5am - 5:45am
	BODYPUMP™ Express 45 Group Exercise 1 Shirley McNatt 5am - 5:45am	Athletic Yoga Group Exercise 3 Laura Feller 5:30am - 6:15am				BODYPUMP™ Express 45 Group Exercise 1 Shirley McNatt 5am - 5:45am	Cycling Group Exercise 1 Diane Piazza 5:15am - 6am
6am							Masters Swim (Lanes 1-4) Pool Rob Tracey 6am - 7am
7am		Sun Rise Yoga Group Exercise 3 Karen Gottschalk 7am - 8am	BODYPUMP™ Express 45 Group Exercise 1 Shirley McNatt 7:15am - 8am				
8am			AMPD Kickboxing Group Exercise 2 Melissa Lucas 8:15am - 9am				
			Cycle & Sculpt Group Exercise 1 Diane Piazza 8:15am - 9:15am				
			SoulBody Barre "Unhitched"™ Group Exercise 3 Shirley McNatt 8:15am - 9:15am				
9am	Cycling Group Exercise 1 Callie Draper 9am - 9:45am	REB3L Strength Group Exercise 3 Kim Engh 9am - 9:45am			POUND® Group Exercise 1 Kim Engh 9am - 9:45am	Cycling Group Exercise 1 Callie Draper 9am - 9:45am	AMPD Kickboxing Group Exercise 1 Melissa Lucas 9am - 9:45am
	Step Group Exercise 3 Kim Engh 9am - 9:45am				AMPD Kettlebell Group Exercise 3 Melissa Lucas 9am - 9:45am	REB3L Strength Group Exercise 3 Kim Engh 9am - 9:45am	Barre Group Exercise 2 Callie Draper 9am - 9:45am
					Barre Group Exercise 2 Callie Draper 9am - 9:45am		Core & More Group Exercise 3 Jennifer Gragg 9am - 9:45am
10am	All Levels Yoga Group Exercise 3 Samantha Biskach 10am - 11am	Core & More Group Exercise 2 Jennifer Gragg 10am - 10:45am			Paracise™ Group Exercise 3 Shirley McNatt 10am - 10:45am	All Levels Yoga Group Exercise 3 Samantha Biskach 10am - 11am	BODYPUMP™ Group Exercise 1 Shirley McNatt 10am - 11am
		BODYPUMP™ Group Exercise 1 Shirley McNatt 10am - 11am			Core & More Group Exercise 2 Jennifer Gragg 10am - 10:45am	WATERinMOTION Pool Shirley McNatt 10am - 10:45am	AquaZUMBA (shallow) Pool Laurian Fasano 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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		ZUMBA® Gold Group Exercise 3 Laurian Fasano 10:15am - 11am					Pilates Group Exercise 3 Jennifer Gragg 10am - 10:45am
11am		WATERinMOTION: Strength Pool Shirley McNatt 11:30am - 12:15pm			Chair Yoga Group Exercise 2 Samantha Biskach 11am - 11:45am		All Levels Yoga Group Exercise 2 Katrina Hostetter 11am - 11:45am
12pm					Rock Steady Boxing Group Exercise 1 Lyn Sutton 12pm - 3:30pm		Rock Steady Boxing Group Exercise 1 Lyn Sutton 12pm - 3:30pm
2pm							Pool Closed - Swim Team Practice Pool 2:30pm - 4:30pm
4pm	Barre Group Exercise 2 Laura Feller 4:30pm - 5:30pm						
5pm					HIIT Group Exercise 1 Kelly Wojo 5:30pm - 6:30pm	POUND® Group Exercise 2 Jennifer Schlosser 5:30pm - 6:15pm	Xtreme Hip-Hop Step Group Exercise 2 Lori Downes 5:30pm - 6:30pm
					Xtreme Hip-Hop Step Group Exercise 2 Lori Downes 5:30pm - 6:30pm		
6pm	BODYPUMP™ Group Exercise 1 April Crandall 6pm - 7pm					BODYPUMP™ Group Exercise 1 April Crandall 6pm - 7pm	
7pm					Boxing I Group Exercise 1 Russ Kafka 7pm - 7:30pm		Boxing I Group Exercise 1 Russ Kafka 7pm - 7:30pm
					Boxing II Group Exercise 1 Russ Kafka 7:30pm - 8pm		Boxing II Group Exercise 1 Russ Kafka 7:30pm - 8pm

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