



Queen Anne's County Family YMCA
June 25th - July 1st

123 Coursevall Drive
Centreville, MD 21617
443.262.9994

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	BODYPUMP™ Express Group Exercise Shirley McNatt 5:15am - 6am	Small Group Personal Training Group Exercise Nikki Eakins 5:30am - 6:30am	BODYPUMP™ Express Group Exercise Shirley McNatt 5:15am - 6am	Small Group Personal Training Group Exercise Nikki Eakins 5:30am - 6:30am			Small Group Personal Training Group Exercise Nikki Eakins 5:30am - 6:30am
	Cycle Group Exercise Nikki Eakins 5:30am - 6:30am		Cycle Group Exercise Nikki Eakins 5:30am - 6:30am				
6am		TRX Group Exercise Nikki Eakins 6:45am - 7:15am	Good Morning Yoga- All Levels Group Exercise Samantha Biskach 6:30am - 7:30am				Good Morning Yoga- All Levels Group Exercise Samantha Biskach 6:30am - 7:30am
							TRX Group Exercise Nikki Eakins 6:45am - 7:15am
7am					BODYPUMP™ Express Group Exercise Shirley McNatt 7:05am - 7:50am		
8am				Core Focus Group Exercise Laura Robey 8:30am - 9am	Step Group Exercise Kim Engh 8am - 9am		
					Barre Express Group Exercise Laura Robey 8am - 8:45am		
9am	Insanity Live® Group Exercise Jamie Brown 9am - 10am	Barre Group Exercise Christin Hahn 9am - 10am	Cycling Group Exercise Nikki Eakins 9:15am - 10am	Small Group Personal Training Group Exercise Nikki Eakins 9am - 10am	POUND® Group Exercise Kim Engh 9:15am - 10:15am		Small Group Personal Training Group Exercise Nikki Eakins 9am - 10am
	Cycling Group Exercise Nikki Eakins 9:15am - 10am	Small Group Personal Training Group Exercise Nikki Eakins 9am - 10am	Zumba Toning Group Exercise Laurian Fasano 9:15am - 10am	Barre Group Exercise Laura Robey 9:05am - 10:05am			POUND® Group Exercise Kim Engh 9am - 10am
	Zumba® Group Exercise Christine Canary 9:15am - 10am						
10am	Step Group Exercise Kim Engh 10:05am - 11:05am	Steady & Strong Group Exercise Christin Hahn 10am - 11am	Insanity Live® Group Exercise Jamie Brown 10:15am - 11am	Gentle Stretching Group Exercise Laura Robey 10:15am - 10:45am			Cardio Fusion Group Exercise Kim Engh 10am - 11am
	Barre Group Exercise Laura Robey 10:15am - 11:15am		Barre Group Exercise Laura Robey 10:15am - 11:15am				

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
11am	Gentle Stretching Group Exercise Laura Robey 11:20am - 11:50am						
4pm	Family Yoga Group Exercise Helen Spinelli 4:45pm - 5:30pm						
5pm		Barre Group Exercise Laura Robey 5:30pm - 6pm	Hatha Yoga Group Exercise Helen Spinelli 5pm - 6pm				Cardio Kickboxing Group Exercise Jesse Freeman 5pm - 6pm
		POUND® Group Exercise Kim Engh 5:30pm - 6:30pm					
6pm	BODYPUMP™ Group Exercise Shirley McNatt 6:05pm - 7:05pm		BODYPUMP™ Group Exercise Shirley McNatt 6:05pm - 7:05pm				PILOXING® Group Exercise Shirley McNatt 6pm - 7pm
							PILOXING® Group Exercise Shirley McNatt 6pm - 7pm
7pm	Hatha Yoga Group Exercise Samantha Biskach 7:05pm - 8pm						

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