



Queen Anne's County Family YMCA
September 22nd - September 28th

123 Coursevall Drive
Centreville, MD 21617
443.262.9994

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	BODYPUMP™ Express Group Exercise Shirley McNatt 5:15am - 6am		BODYPUMP™ Express Group Exercise Shirley McNatt 5:15am - 6am				
7am					BODYPUMP™ Express Group Exercise Shirley McNatt 7am - 7:50am		
8am			All Levels Yoga Group Exercise Helen Spinelli 8am - 8:45am		Barre Group Exercise Laura Feller 8am - 9am		
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9am	All Levels Yoga Group Exercise Helen Spinelli 9:30am - 10:30am		Step Group Exercise Kim Engh 9am - 10am		POUND® Group Exercise Kim Engh 9:30am - 10:15am		POUND® Group Exercise Kim Engh 9am - 9:45am
10am		Zumba® Group Exercise Laurian Fasano 10am - 10:45am		Zumba Toning Group Exercise Laurian Fasano 10:30am - 11:15am			
11am		Barre Group Exercise Laura Feller 11am - 12pm					
5pm							Cardio Kickboxing Group Exercise Jesse Freeman 5pm - 6pm
6pm	BODYPUMP™ Group Exercise Shirley McNatt 6:15pm - 7:15pm	Body Sculpting Group Exercise Kim Engh 6pm - 6:45pm	BODYPUMP™ Group Exercise Shirley McNatt 6:15pm - 7:15pm				

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.