



Queen Anne's County Family YMCA
October 9th - October 15th

210 Vincit Street
Centreville, MD 21617
443.262.9994

	WED 9	THU 10	FRI 11	SAT 12	SUN 13	MON 14	TUE 15
5am	AMPD Kettlebell® Group Exercise 2 Mel Lucas 5am - 5:45am	AMPD Kickboxing® Group Exercise 2 Mel Lucas 5am - 5:45am	Intervals Group Exercise 1 Katie Hollis 5am - 6am			Intervals Group Exercise 2 Katie Hollis 5am - 6am	BODYPUMP™ Group Exercise 1 Shirley McNatt 5am - 5:45am
	Cycling Group Exercise 1 Diane Piazza 5:15am - 6am	BODYPUMP™ Group Exercise 1 Shirley McNatt 5am - 5:45am	Total Body Conditioning Group Exercise 3 Jess Thompson 5:45am - 6:45am			Cycle & More Group Exercise 1 Diane Piazza 5:15am - 6:15am	AMPD Kickboxing® Group Exercise 2 Mel Lucas 5am - 5:45am
	Total Body Conditioning Group Exercise 3 Jess Thompson 5:45am - 6:45am					Total Body Conditioning Group Exercise 3 Jess Thompson 5:45am - 6:45am	
6am	Masters Swim (Lanes 1-4) Pool Jayme Schatz 6am - 7am						Intervals Group Exercise 1 Mike LeViseur 6am - 7am
7am			Yoga Group Exercise 3 Karen Gottschalk 7am - 8am	AMPD Kickboxing® Group Exercise 2 Mel Lucas 7:15am - 8am			
				BODYPUMP™ Group Exercise 1 Shirley McNatt 7:15am - 8:15am			
8am	Cycling Group Exercise 1 Elise Gunzelman 8am - 8:45am			SoulBody Barre "Unhitched"™ Group Exercise 3 Shirley McNatt 8:30am - 9:30am			
9am	AMPD Kickboxing® Group Exercise 1 Mel Lucas 9am - 9:45am	Cycling Group Exercise 1 Callie Draper 9am - 9:45am	POUND® Group Exercise 2 Kim Engh 9am - 9:45am			AMPD Kettlebell® Group Exercise 3 Mel Lucas 9am - 9:45am	Cycling Group Exercise 1 Callie Draper 9am - 9:45am
	Barre Group Exercise 2 Callie Draper 9am - 9:45am	REB3L Strength Group Exercise 3 Kim Engh 9am - 9:45am				Cardio Fusion Group Exercise 1 Kim Engh 9am - 9:45am	REB3L Strength Group Exercise 3 Kim Engh 9am - 9:45am
		Step & More Group Exercise 2 Jennifer Gragg 9am - 9:45am					Step & More Group Exercise 2 Jennifer Gragg 9am - 9:45am
10am	AquaZUMBA (shallow) Pool Laurian Fasano 10am - 11am	WATERinMOTION: Strength Pool Shirley McNatt 10am - 10:45am	BODYPUMP™ Group Exercise 1 Shirley McNatt 10am - 10:45am		Sunday Sweat Session Group Exercise - rotating Rotating Instructor 10:30am - 11:30am	AquaZUMBA (shallow) Pool Maria Bagley 10am - 11am	Yoga Group Exercise 3 Samantha Biskach 10am - 11am
	Mat Pilates Group Exercise 3 Jennifer Gragg 10am - 10:45am	Yoga Group Exercise 3 Samantha Biskach 10am - 11am	Core & More Group Exercise 2 Jennifer Gragg 10am - 10:45am			Core & More Group Exercise 2 Jennifer Gragg 10am - 10:45am	WATERinMOTION Pool Shirley McNatt 10am - 10:45am

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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	BODYPUMP™ Group Exercise 1 Shirley McNatt 10am - 11am		Zumba Toning Group Exercise 3 Laurian Fasano 10:15am - 11am			Paracise™ Group Exercise 3 Shirley McNatt 10am - 10:45am	
11am	Enhance@Fitness* Gymnasium Mary King 11am - 12pm		Enhance@Fitness* Gymnasium Mary King 11am - 12pm			Enhance@Fitness* Gymnasium Mary King 11am - 12pm	DrumFit™ (Active Aging Only) Group Exercise 1 Rotating Instructor 11am - 11:45am
			S.E.A.T. Fitness Group Exercise 1 Shirley McNatt 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	
1pm			DrumFit™ (Active Aging Only) Group Exercise 1 Rotating Instructor 1pm - 1:45pm				
5pm	Xtreme Hip-Hop Step Group Exercise 2 Lori Downes 5:30pm - 6:30pm	Dance Fitness Group Exercise 3 Martha Reuter 5:30pm - 6:30pm				Intervals Group Exercise 1 Kelly Wojo 5:30pm - 6:30pm	
		Yoga Group Exercise 2 Laura Feller 5:30pm - 6:30pm				Xtreme Hip-Hop Step Group Exercise 2 Lori Downes 5:30pm - 6:30pm	
6pm	Cycling Group Exercise 1 Mike LeViseur 6pm - 6:45pm	BODYPUMP™ Group Exercise 1 Shirley McNatt 6pm - 7pm					
7pm	Boxing Group Exercise 1 Russ Kafka 7pm - 7:30pm					Boxing Group Exercise 1 Russ Kafka 7pm - 7:30pm	
	Boxing Group Exercise 1 Russ Kafka 7:30pm - 8pm					Boxing Group Exercise 1 Russ Kafka 7:30pm - 8pm	

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