



Queen Anne's County Family YMCA
November 30th - December 6th

210 Vincit Street
Centreville, MD 21617
443.262.9994

	THU 30	FRI 1	SAT 2	SUN 3	MON 4	TUE 5	WED 6
5am	BODYPUMP™ Express 45 Group Exercise 1 Shirley McNatt 5am - 5:45am	Open Gym Gymnasium 5am - 9am			Open Gym Gymnasium 5am - 9am	AMPD Kickboxing Group Exercise 2 Melissa Lucas 5am - 5:45am	AMPD Kettlebell Group Exercise 2 Melissa Lucas 5am - 5:45am
	AMPD Kickboxing Group Exercise 2 Melissa Lucas 5am - 5:45am				Strength Circuit Group Exercise 2 Jesse Freeman 5am - 5:45am	BODYPUMP™ Express 45 Group Exercise 1 Shirley McNatt 5am - 5:45am	Open Gym Gymnasium 5am - 9am
	Open Gym Gymnasium 5am - 9am				Cycle & Sculpt Group Exercise 1 Diane Piazza 5:15am - 6:15am	Open Gym Gymnasium 5am - 9am	Cycling Group Exercise 1 Diane Piazza 5:15am - 6am
6am	Boxing I Group Exercise 1 Russ Kafka 6am - 6:30am						Masters Swim (Lanes 1-4) Pool Rob Tracey 6am - 7am
	Boxing II Group Exercise 1 Russ Kafka 6:30am - 7am						
7am		Sun Rise Yoga Group Exercise 3 Karen Gottschalk 7am - 8am	Open Basketball Gymnasium 7am - 5pm				
			Pickleball Open Play Gymnasium 7am - 5pm				
			AMPD Kickboxing Group Exercise 2 Melissa Lucas 7:15am - 8am				
			BODYPUMP™ Express 45 Group Exercise 1 Shirley McNatt 7:15am - 8am				
8am			Cycle & Sculpt Group Exercise 1 Callie Draper 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	Pickleball Open Play Gymnasium 9am - 12pm			POUND® Group Exercise 1 Kim Engh 9am - 9:45am	Cycling Group Exercise 1 Callie Draper 9am - 9:45am	AMPD Kickboxing Group Exercise 3 Melissa Lucas 9am - 9:45am

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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	Step Group Exercise 3 Kim Engh 9am - 9:45am	REB3L Strength Group Exercise 3 Kim Engh 9am - 9:45am			AMPD Kettlebell Group Exercise 3 Melissa Lucas 9am - 9:45am	Pickleball Open Play Gymnasium 9am - 12pm	Barre Group Exercise 2 Callie Draper 9am - 9:45am
	Pickleball Open Play Gymnasium 9am - 12pm				Barre Group Exercise 2 Callie Draper 9am - 9:45am	REB3L Strength Group Exercise 3 Kim Engh 9am - 9:45am	Pickleball Open Play Gymnasium 9am - 12pm
					Pickleball Open Play Gymnasium 9am - 12pm		Pilates Group Exercise 1 Jennifer Gragg 9am - 9:45am
10am	All Levels Yoga Group Exercise 3 Samantha Biskach 10am - 11am	BODYPUMP™ Group Exercise 1 Shirley McNatt 10am - 11am		Open Basketball Gymnasium 10am - 5pm	SoulBody Barre "Unhitched"™ Group Exercise 3 Shirley McNatt 10am - 11am	All Levels Yoga Group Exercise 3 Samantha Biskach 10am - 11am	AquaZUMBA (shallow) Pool Laurian Fasano 10am - 11am
	WATERinMOTION: Strength Pool Shirley McNatt 10am - 10:45am			Pickleball Open Play Gymnasium 10am - 5pm		WATERinMOTION Pool Shirley McNatt 10am - 10:45am	BODYPUMP™ Group Exercise 1 Shirley McNatt 10am - 11am
12pm	Open Gym Gymnasium 12pm - 2pm	Open Gym Gymnasium 12pm - 2pm			Open Gym Gymnasium 12pm - 2pm	Open Gym Gymnasium 12pm - 2pm	Open Gym Gymnasium 12pm - 2pm
					Rock Steady Boxing Group Exercise 1 Lyn Sutton 12pm - 3:30pm		Rock Steady Boxing Group Exercise 1 Lyn Sutton 12pm - 3:30pm
2pm	High School Basketball Gymnasium 2pm - 6pm	High School Basketball Gymnasium 2pm - 6pm			Open Gym Gymnasium 2pm - 6pm	High School Basketball Gymnasium 2pm - 6pm	High School Basketball Gymnasium 2pm - 6pm
	Open Gym Gymnasium 2pm - 6pm	Open Gym Gymnasium 2pm - 6pm			High School Basketball Gymnasium 2pm - 6pm	Open Gym Gymnasium 2pm - 6pm	Open Gym Gymnasium 2pm - 6pm
							Pool Closed - Swim Team Practice Pool 2:30pm - 4:30pm
4pm	Barre Group Exercise 2 Laura Feller 4:30pm - 5:30pm						
5pm						POUND® Group Exercise 2 Kim Engh 5:30pm - 6:15pm	
6pm	BODYPUMP™ Group Exercise 1 April Crandall 6pm - 7pm	Open Basketball Gymnasium 6pm - 9pm			Open Basketball Gymnasium 6pm - 9pm	BODYPUMP™ Group Exercise 1 April Crandall 6pm - 7pm	Open Basketball Gymnasium 6pm - 9pm

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7pm	Pickleball Open Play Gymnasium 6pm - 9pm	Volleyball Open Play Gymnasium 6pm - 9pm				Pickleball Open Play Gymnasium 6pm - 9pm	Volleyball Open Play Gymnasium 6pm - 9pm
					Boxing I Group Exercise 1 Russ Kafka 7pm - 7:30pm		Pilates II Group Exercise 3 Jennifer Gragg 7pm - 7:45pm
					Boxing II Group Exercise 1 Russ Kafka 7:30pm - 8pm		

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