



Queen Anne's County Family YMCA

December 14th - December 20th

123 Coursevall Drive

Centreville, MD 21617

443.262.9994

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
5am			Small Group Personal Training Group Exercise Nikki Eakins 5:30am - 6:30am	BODYPUMP™ Express Group Exercise Shirley McNatt 5:15am - 6am	SoulBody Barre "Unhitched"™ Group Exercise Shirley McNatt 5:15am - 6am	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		
6am			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	Step Group Exercise Kim Engh 8am - 9am						Core Focus Group Exercise Laura Robey 8:30am - 9am
9am	POUND® Group Exercise Kim Engh 9:15am - 10:15am		Small Group Personal Training Group Exercise Nikki Eakins 9am - 10am	Insanity Live® Group Exercise Jamie Brown 9am - 10am	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
				Cycling Group Exercise Nikki Eakins 9:15am - 10am	Barre Group Exercise Christin Hahn 9am - 10am	Zumba Toning Group Exercise Laurian Fasano 9:15am - 10am	Barre Group Exercise Laura Robey 9:05am - 10:05am
				Zumba® Group Exercise Christine Canary 9:15am - 10am			
10am	Cardio Kickboxing Group Exercise Jesse Freeman 10:15am - 11am			Barre Group Exercise Laura Robey 10:15am - 11:15am	Strength Training Group Exercise Christin Hahn 10:15am - 11am	Barre Group Exercise Laura Robey 10:15am - 11:15am	Gentle Stretching Group Exercise Laura Robey 10:15am - 10:45am
						Insanity Live® Group Exercise Jamie Brown 10:15am - 11am	
11am				Gentle Stretching Group Exercise Laura Robey 11:20am - 11:50am		ZUMBA® Gold Group Exercise Laurian Fasano 11:05am - 12:05pm	

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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	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
2pm				TRX Group Exercise Nikki Eakins 2:45pm - 3:15pm		TRX Group Exercise Nikki Eakins 2:45pm - 3:15pm	
4pm				Family Yoga Group Exercise Helen Spinelli 4:45pm - 5:30pm			
5pm					Barre Group Exercise Laura Robey 5:30pm - 6:30pm	All Levels Yoga Group Exercise Helen Spinelli 5pm - 6pm	
					POUND® Group Exercise Kim Engh 5:30pm - 6:30pm		
6pm			SoulBody Barre "Unhitched"™ Group Exercise Shirley McNatt 6pm - 7pm	BODYPUMP™ Group Exercise Shirley McNatt 6pm - 7pm	Zumba® Group Exercise Kim Engh 6:30pm - 7:15pm	BODYPUMP™ Group Exercise Shirley McNatt 6pm - 7pm	

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