



Cecil County Family YMCA

April 26th - May 2nd

25 YMCA Boulevard

ELKTON, MD 21921

(410) 398-2333

	FRI 26	SAT 27	SUN 28	MON 29	TUE 30	WED 1	THU 2
5am				Interval Training Aerobic Room Shaena Lawson 5:35am - 6:30am		BODYPUMP™ Aerobic Room Cheyenne Bedo 5:35am - 6:35am	
6am	Cycling Cycling Room Cathy Clawson 6am - 6:45am			Group Cycle Cycling Room Cathy Clawson 6am - 6:45am	Group Cycle Cycling Room Grace Mudrick 6am - 6:45am		Total Body Conditioning Aerobic Room Bill Konowitz 6am - 6:45am
7am	Before and After school care gym 3 7:30am - 8:30am	Basketball OpenPlay gym 3 7am - 7pm		Before and After school care gym 3 7:30am - 8:30am	Before and After school care gym 3 7:30am - 8:30am	Before and After school care gym 3 7:30am - 8:30am	Before and After school care gym 3 7:30am - 8:30am
		Pickleball Open Play - Mixed Level gym 2 7am - 12pm					
		Pickleball Open Play - Mixed Level Gym 1 7am - 12pm					
8am	Strength Training Aerobic Room Bill Konowitz 8:15am - 9:15am	Total Body Conditioning Aerobic Room Teiana Poullard 8am - 8:45am		Gentle Stretching Pool Area Donna Boyd 8:30am - 9:15am	Total Body Conditioning Aerobic Room Tammy Dilenno 8am - 8:45am	Gentle Stretching Pool Area Donna Boyd 8:30am - 9:15am	Strength Training Aerobic Room Tammy Dilenno 8am - 8:45am
	Aqua Balance and Strength Pool Area Donna Boyd 8:30am - 9:15am			BODYPUMP™ Express Aerobic Room Tammy Dilenno 8:30am - 9:15am	Arthritis Water Program Pool Area Donna Boyd 8:30am - 9:15am	Total Body Conditioning Aerobic Room Jamie Cherwaty 8:45am - 9:15am	Arthritis Water Program Pool Area Donna Boyd 8:30am - 9:15am
						BODYPUMP™ Aerobic Room Rotating Instructor 8:45am - 9:30am	
9am	TRX TRX room Bill Konowitz 9:15am - 10am	Gentle Yoga Aerobic Room Jennifer Gerace 9am - 10am		Cycle & Sculpt Cycling Room Bill Konowitz 9am - 9:45am	Power Yoga Aerobic Room MarieRose Bartosh 9am - 10am	AquaMOVES! (shallow) Pool Area Donna Boyd 9:30am - 10:15am	Power Yoga Aerobic Room MarieRose Bartosh 9am - 10am
	AquaZUMBA (shallow) Pool Area Donna Boyd 9:30am - 10:15am	Group Cycle Cycling Room Lynsey Broderick 9:15am - 10am		Pilates Aerobic Room Rotating Instructor 9:30am - 10:30am	TRX TRX room Danielle Ford 9:15am - 10am	Pilates Aerobic Room Tammy Dilenno 9:30am - 10:30am	Hi Lo H2O (shallow end) Pool Area Donna Boyd 9:30am - 10:15am
				AquaMOVES! (shallow) Pool Area Donna Boyd 9:30am - 10:15am	Hi Lo H2O (shallow end) Pool Area Donna Boyd 9:30am - 10:15am		

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10am	L.I.F.E. (Low Impact Fitness Experience) Dance Room Laura Russell 10am - 10:45am		Open Basketball gym 3 10am - 7pm	Pedaling for Parkinson's Cycling Room Rotating Instructor 10am - 11am	L.I.F.E. (Low Impact Fitness Experience) Dance Room Tracy Campbell 10am - 10:45am	Pedaling for Parkinson's Cycling Room Tracy Campbell 10am - 10:45am	Gentle Yoga Aerobic Room Linda Haass 10:15am - 11am
	Zumba® Dance Room Danielle Ford 10:15am - 11am		Pickleball Open Play Gym 1 10am - 1pm	Forever Fit Aerobic Room Tammy Evans 10am - 10:45am	Pilates Aerobic Room Danielle Ford 10:15am - 11am	Forever Fit Dance Room Tammy Evans 10am - 11am	
	Aqua PD Pool Area Donna Boyd 10:30am - 11:15am		Pickleball Open Play gym 2 10am - 1pm	Aqua Balance and Strength Pool Area Donna Boyd 10:30am - 11:15am		AquaZUMBA (shallow) Pool Area Donna Boyd 10:30am - 11:15am	
			Group Cycle Cycling Room Deidra Holliday 10:30am - 11:15am				
11am	Enhance®Fitness* Aerobic Room Laura Russell 11am - 12pm			Enhance®Fitness* Aerobic Room Tammy Dilenno 11am - 12pm	Zumba Toning Aerobic Room Danielle Ford 11am - 11:30am	Enhance®Fitness* Aerobic Room Tammy Evans 11am - 12pm	
12pm			BODYPUMP™ Aerobic Room Nicole Taylor 12pm - 1pm			Group Cycle Cycling Room MarieRose Bartosh 12pm - 12:45pm	
2pm				Before and After school care gym 3 2pm - 5:30pm		Before and After school care gym 3 2:30pm - 5:30pm	
3pm	Pilates Aerobic Room Danielle Ford 3:15pm - 4:15pm						
4pm	Before and After school care gym 3 4pm - 5:30pm			Pickleball Open Play - Mixed Level gym 2 4pm - 9:30pm	Before and After school care gym 3 4pm - 5:30pm	Group Cycle Cycling Room Tracy Campbell 4:30pm - 5:15pm	Before and After school care gym 3 4pm - 5:30pm
	Pickleball Open Play - Mixed Level Gym 1 4pm - 9:30pm			Stretch Aerobic Room Bill Konowitz 4:30pm - 5pm	Pickleball Open Play - Mixed Level Gym 1 4pm - 9:30pm		Basketball League Gym 1 4:30pm - 7:30pm
	Pickleball Open Play - Mixed Level gym 2 4pm - 9:30pm			Group Cycle Cycling Room Tracy Campbell 4:30pm - 5:15pm	Pickleball Open Play - Mixed Level gym 2 4pm - 9:30pm		Group Cycle Cycling Room Laura Russell 4:30pm - 5:15pm
	Zumba Toning Aerobic Room Danielle Ford 4:15pm - 5pm			Basketball League Gym 1 4:30pm - 7:30pm	Gentle Yoga Aerobic Room Linda Haass 4pm - 5pm		Open Basketball Gym 1 4:30pm - 7:30pm
	TRX TRX room Laura Russell 4:30pm - 5:30pm						

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5pm	Basketball OpenPlay gym 3 5:30pm - 9:30pm			Low Impact & Strength Aerobic Room Bill Konowitz 5pm - 5:45pm	Pilates Aerobic Room Jennifer Gerace 5pm - 6pm	Pickleball League Gym 1 5:30pm - 9:30pm	Barre Aerobic Room Tammy Dilenno 5pm - 6pm
				Basketball OpenPlay gym 3 5:30pm - 9:30pm	Basketball OpenPlay gym 3 5:30pm - 9:30pm	HIIT Aerobic Room Tracy Campbell 5:30pm - 6:15pm	Pickleball Open Play gym 3 5:30pm - 9:30pm
				TRX TRX room Tracy Poitras 5:30pm - 6:30pm	Group Cycle Cycling Room Cathy Clawson 5:30pm - 6:15pm	Pickleball League gym 2 5:30pm - 9:30pm	Pickleball Open Play gym 2 5:30pm - 9:30pm
						Pickleball Open Play gym 3 5:30pm - 9pm	Pickleball Open Play - Mixed Level gym 2 5:30pm - 9:30pm
							Pickleball Open Play - Mixed Level gym 3 5:30pm - 9:30pm
6pm				Zumba Toning Aerobic Room Robyn christie 6pm - 7pm	BODYPUMP™ Aerobic Room Nicole Taylor 6pm - 7pm	TRX TRX room Laura Russell 6pm - 7pm	
						Gentle Yoga Aerobic Room Linda Haass 6:30pm - 7:30pm	
7pm				Evening Jam Pool Area Suzanne LaFoutaine 7pm - 7:45pm	Total Body Tone Up Aerobic Room Tammy Dilenno 7:05pm - 8pm		Evening Jam Pool Area Suzanne LaFoutaine 7pm - 7:45pm
				Strength & Core Aerobic Room Beth Renna 7pm - 7:45pm			Strength Training Aerobic Room Teiana Poullard 7:10pm - 8:10pm

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