



Cecil County Family YMCA
June 25th - July 1st

25 YMCA Boulevard
ELKTON, MD 21921
(410) 398-2333

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
5am	Interval Training Aerobic Room Connie Hewitt 5:45am - 6:45am	HIIT Aerobic Room Shaena Lawson 5:35am - 6:35am	Interval Training Aerobic Room Connie Hewitt 5:45am - 6:45am	HIIT Aerobic Room Shaena Lawson 5:30am - 6:30am			HIIT Aerobic Room Cheyenne Bedo 5:35am - 6:20am
6am				Cycling Cycling Room Lynsey Broderick 6am - 6:45am			
7am	Strength Training Aerobic Room Connie Hewitt 7am - 7:45am		Strength Training Aerobic Room Connie Hewitt 7am - 7:45am				
8am	Lap Swim (3 Lanes Available) Pool Area Lifeguard YMCA 8am - 5:30pm	Lap Swim (3 Lanes Available) Pool Area Lifeguard YMCA 8am - 5:30pm	Lap Swim (3 Lanes Available) Pool Area Lifeguard YMCA 8am - 5:30pm	Lap Swim (3 Lanes Available) Pool Area Lifeguard YMCA 8am - 5:30pm	Cycling Cycling Room Danielle Ford 8:30am - 9:15am		Lap Swim (3 Lanes Available) Pool Area Lifeguard YMCA 8am - 5:30pm
	Core 45 Aerobic Room Jamie Cherwaty 8:15am - 9am	Gentle Stretching Lap Pool Janet Nelson 8:05am - 8:50am	Core 45 Aerobic Room Jamie Cherwaty 8:15am - 9am				Gentle Stretching Lap Pool Janet Nelson 8:05am - 8:50am
		Floor, Core, and More Aerobic Room Jamie Cherwaty 8:15am - 9:15am					Floor, Core, and More Aerobic Room Jamie Cherwaty 8:15am - 9:15am
9am	Arthritis Water Program Lap Pool Janet Nelson 9am - 9:45am	Deep Water Works Lap Pool Angela Kovall 9am - 10am	Arthritis Water Program Lap Pool Janet Nelson 9am - 9:45am	Musical Aquacize Pool Area Lifeguard YMCA 9am - 10am	NO OPEN SWIM; Swim lessons and lap swimming only Pool Area Lifeguard YMCA 9am - 12pm		Musical Aquacize Pool Area Lifeguard YMCA 9am - 10am
	Zumba Toning Dance Room Danielle Ford 9:30am - 10:30am	Musical Aquacize Pool Area Lifeguard YMCA 9am - 10am	SoulBody Barre "Unhitched" Aerobic Room Lisa Guardipee 9:15am - 10:15am	Deep Water Works Lap Pool Angela Kovall 9:15am - 10:15am			Deep Water Works Lap Pool Angela Kovall 9am - 10am
	Barre Aerobic Room Bryn Phillips 9:30am - 10:30am	Strength Training Aerobic Room Danielle Ford 9:30am - 10:30am		SoulBody Barre "Unhitched" Aerobic Room Lisa Guardipee 9:15am - 10:15am			Strength Training Aerobic Room Niki Ham 9:15am - 10:15am
10am	Splashing Seniors Lap Pool Angela Kovall 10am - 11am	Splashing Seniors Lap Pool Angela Kovall 10am - 11am	Splashing Seniors Lap Pool Angela Kovall 10am - 11am	Vinyasa Yoga Aerobic Room MarieRose Bartosh 10:30am - 11:30am			Splashing Seniors Lap Pool Angela Kovall 10am - 11am
	Aerobics in Motion Aerobic Room Donna Boyd 10:30am - 11:30am	Vinyasa Yoga Aerobic Room MarieRose Bartosh 10:30am - 11:30am	Aerobics in Motion Aerobic Room Donna Boyd 10:30am - 11:30am				Vinyasa Yoga Aerobic Room MarieRose Bartosh 10:30am - 11:30am
		Cycling Cycling Room Danielle Ford 10:30am - 11:30am					

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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	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
11am		Aqua Fit Lap Pool Angela Kovall 11am - 12pm			POUND® Aerobic Room Tina Banks 11:30am - 12:15pm		Aqua Fit Lap Pool Angela Kovall 11am - 12pm
12pm	Cycling Cycling Room Janice Gavin 12pm - 12:45pm	Express Cycling Cycling Room Janice Gavin 12pm - 12:30pm	Express Cycling Cycling Room MarieRose Bartosh 12pm - 12:30pm	Express Cycling Cycling Room Janice Gavin 12pm - 12:30pm			Express Cycling Cycling Room MarieRose Bartosh 12pm - 12:30pm
		Express Strength Aerobic Room Connie Hewitt 12:30pm - 1pm		Express Strength Aerobic Room Connie Hewitt 12:30pm - 1pm			Express Strength Aerobic Room Connie Hewitt 12:30pm - 1pm
4pm		Cycling Cycling Room Tracy Campbell 4:30pm - 5:30pm		Vinyasa Yoga Aerobic Room Jennifer Gerace 4:15pm - 5:15pm			Cycling Cycling Room Tracy Campbell 4:30pm - 5:30pm
				Cycling Interval Cycling Room Tracy Campbell 4:30pm - 5:30pm			
5pm	Strength Training Aerobic Room Niki Ham 5pm - 6pm	Zumba® Aerobic Room Tina Banks 5pm - 5:45pm	Body Sculpting Aerobic Room Niki Ham 5pm - 6pm				BODYFLOW® Aerobic Room Tracy Campbell 5:30pm - 6:15pm
	Cycling Cycling Room Danielle Ford 5pm - 5:45pm	Express Strength Room 19 Connie Hewitt 5:30pm - 6pm					Express Strength Room 19 Connie Hewitt 5:30pm - 6pm
	SHINE™ Aerobic Room Heike Button 5:30pm - 6:30pm						
6pm	Cycling Cycling Room Cathy Clawson 6pm - 7pm	SoulBody Barre "Unhitched"™ Aerobic Room Lisa Guardipee 6:15pm - 7:15pm	Strength Training Aerobic Room Niki Ham 6pm - 7pm				Tabata Aerobic Room Tracy Campbell 6:15pm - 7:15pm
		Cycling Cycling Room Anthony Mattern 6:30pm - 7:15pm	Cycling Cycling Room Susan Gee 6pm - 6:45pm				Cycling Cycling Room Anthony Mattern 6:30pm - 7:30pm
			Tai Chi Aerobic Room Thomas Capezio 6:30pm - 7:30pm				
7pm			Zumba® Aerobic Room Robyn christie 7pm - 8pm				Evening Jam Lap Pool Suzanne LaFontaine 7:30pm - 8:15pm
			Evening Jam Lap Pool Suzanne LaFontaine 7:30pm - 8:15pm				

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