



Cecil County Family YMCA
September 22nd - September 28th

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

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
6am	Group Cycle Cycling Room Lynsey Broderick 6am - 6:45am		Group Cycle Cycling Room David Horne 6am - 6:45am				
8am		Strength & Core Aerobic Room Jamie Cherwaty 8:15am - 9am		Strength Training Aerobic Room Bill Konowitz 8:15am - 9am			Strength & Core Aerobic Room Jamie Cherwaty 8:15am - 9am
9am	Vinyasa Yoga Aerobic Room MarieRose Bartosh 9am - 10am	Gentle Stretching Pool Area Angela Kovall 9am - 9:45am	Vinyasa Yoga Aerobic Room MarieRose Bartosh 9am - 10am	Group Cycle Cycling Room Lynsey Broderick 9:30am - 10:15am			Gentle Stretching Pool Area Angela Kovall 9am - 9:45am
	Arthritis Water Program Pool Area Angela Kovall 9:30am - 10:15am		Arthritis Water Program Pool Area Angela Kovall 9:30am - 10:15am				
10am		Deep Water Works Pool Area Angela Kovall 10am - 10:45am		Stretch Aerobic Room Danielle Ford 10am - 10:30am			Deep Water Works Pool Area Angela Kovall 10am - 10:45am
				Strength & Core Aerobic Room Danielle Ford 10:30am - 11:30am			
12pm		Express Cycling Cycling Room MarieRose Bartosh 12pm - 12:30pm		Group Cycle Cycling Room Rotating Instructor 12pm - 12:45pm			Express Cycling Cycling Room Janice Gavin 12pm - 12:30pm
		Gentle Yoga Aerobic Room MarieRose Bartosh 12:30pm - 1pm					Express Strength Aerobic Room Connie Hewitt 12:30pm - 1pm
4pm							Group Cycle Cycling Room Tracy Campbell 4:30pm - 5:15pm
							Stretch Aerobic Room Danielle Ford 4:30pm - 5pm
5pm		Circuit Aerobic Room Connie Hewitt 5:30pm - 6:15pm					Barre Aerobic Room Danielle Ford 5pm - 5:45pm
6pm		SoulBody Barre "Unhitched" Aerobic Room Lisa Guardipee 6:30pm - 7:30pm	Zumba® Aerobic Room Robyn christie 6pm - 7pm				Zumba Toning Aerobic Room Danielle Ford 6pm - 7pm
7pm			Evening Jam Lap Pool Suzanne LaFoutaine 7pm - 7:45pm				Evening Jam Lap Pool Suzanne LaFoutaine 7pm - 7:45pm

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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