



Cecil County Family YMCA
December 15th - December 21st

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

	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
5am		HIIT Aerobic Room Shaena Lawson 5:35am - 6:20am	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	
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		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	Core 45 Aerobic Room Jamie Cherwaty 8:15am - 9am		Cycling Cycling Room Danielle Ford 8:30am - 9:15am
		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		Deep Water Works Lap Pool Angela Kovall 9am - 10am	Zumba Toning Dance Room Danielle Ford 9:30am - 10:30am	Deep Water Works Lap Pool Angela Kovall 9am - 10am		Musical Aquacize Pool Area Lifeguard YMCA 9am - 10am	All Levels Yoga Room 19 Marilee Kennedy 9am - 10am
		Musical Aquacize Pool Area Lifeguard YMCA 9am - 10am		Musical Aquacize Pool Area Lifeguard YMCA 9am - 10am		Deep Water Works Lap Pool Angela Kovall 9:15am - 10:15am	NO OPEN SWIM; Swim lessons and lap swimming only Pool Area Lifeguard YMCA 9am - 12pm
		Strength Training Aerobic Room Niki Ham 9:15am - 10:15am		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 Danielle Ford 9:30am - 10:15am
							ZUMBA® Gold Dance Room Tina Banks 9:30am - 10:30am
10am		Vinyasa Yoga Aerobic Room MarieRose Bartosh 10:30am - 11:30am	Barre Dance Room Danielle Ford 10:30am - 11:15am	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	POUND® Aerobic Room Tina Banks 10:35am - 11:20am
			Aerobics in Motion Aerobic Room Donna Boyd 10:30am - 11:30am	Cycling Cycling Room Danielle Ford 10:30am - 11:30am			
12pm		Cycling Cycling Room MarieRose Bartosh 12pm - 12:45pm	Express Cycling Cycling Room MarieRose Bartosh 12pm - 12:30pm	Cycling Cycling Room Janice Gavin 12pm - 12:45pm	Express Cycling Cycling Room MarieRose Bartosh 12pm - 12:30pm	Cycling Cycling Room Janice Gavin 12pm - 12:45pm	

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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	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
4pm			Gentle Yoga Aerobic Room MarieRose Bartosh 12:30pm - 1pm		Gentle Yoga Aerobic Room MarieRose Bartosh 12:30pm - 1pm		
		Cycling Cycling Room Tracy Campbell 4:30pm - 5:30pm		Cycling Cycling Room Tracy Campbell 4:30pm - 5:30pm		Vinyasa Yoga Aerobic Room Jennifer Gerace 4:15pm - 5:15pm	
5pm						Cycling Interval Cycling Room Tracy Campbell 4:30pm - 5:30pm	
		Circuit Aerobic Room Connie Hewitt 5:30pm - 6:15pm	Strength Training Aerobic Room Niki Ham 5pm - 6pm	Zumba® Aerobic Room Tina Banks 5pm - 5:45pm	Strength Training Aerobic Room Niki Ham 5:30pm - 6:30pm	Strength Training Aerobic Room Burnie Williams 5:30pm - 6:30pm	
		BODYFLOW® Aerobic Room Tracy Campbell 5:30pm - 6:15pm	SHINE™ Aerobic Room Heike Button 5:30pm - 6:30pm	Circuit Aerobic Room Connie Hewitt 5:30pm - 6:15pm			
6pm		Tabata Aerobic Room Tracy Campbell 6:15pm - 7:15pm	Cycling Cycling Room Cathy Clawson 6pm - 7pm	Cycling Cycling Room Anthony Mattern 6:30pm - 7:15pm	Group Cycle Cycling Room Susan Gee 6pm - 6:45pm		
		Cycling Cycling Room Anthony Mattern 6:30pm - 7:30pm	Cardio Kick Dance Room Heike Button 6:30pm - 7:30pm		Zumba® Aerobic Room Robyn christie 6:30pm - 7:30pm		

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