



Perkins Family YMCA
June 25th - July 1st

300 Seymour Avenue
St. Michael's, MD 21663
410-745-5963

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
8am	Hatha Yoga Studio 2 Colleen Morrison 8:15am - 9:15am	Cycling Studio 1 Diana Bartell 8:15am - 9am	Express Strength Studio 1 Tracy Cohee 8am - 8:30am	Cycling Studio 1 Diana Bartell 8:15am - 9am	Express Cycling Studio 1 Tracy Cohee 8am - 8:30am		Floor, Core, and More Studio 1 Kristin Lockerman 8:15am - 9:15am
		Mat Pilates Studio 2 Susan Irwin 8:15am - 9am	Hatha Yoga Studio 2 Susan Irwin 8:15am - 9:15am	Vinyasa Yoga Studio 2 Susan Irwin 8:15am - 9:15am	Express Strength Studio 1 Tracy Cohee 8:30am - 9am		Vinyasa Yoga Studio 2 Colleen Morrison 8:15am - 9:15am
			CXWORX Studio 1 Tracy Cohee 8:30am - 9am				
9am	Chair Yoga Studio 1 Sara Robins 9am - 10am	Express Abs Studio 1 Diana Bartell 9am - 9:15am	Express Cycling Studio 1 Tracy Cohee 9:15am - 9:45am	Express Abs Studio 1 Diana Bartell 9am - 9:15am	CXWORX Studio 1 Tracy Cohee 9am - 9:30am		Step Studio 1 Tracy Cohee 9:15am - 10:15am
	Interval Training Studio 2 Christin Hahn 9:30am - 10:30am	Reformer Pilates Studio 2 Susan Irwin 9:15am - 10am	Interval Training Studio 2 Christin Hahn 9:30am - 10:30am	Core & More Studio 1 Diana Bartell 9:15am - 9:45am			
		HIIT Studio 1 Diana Bartell 9:15am - 9:45am		Stretch Studio 2 Susan Irwin 9:30am - 10am			
10am	Barre Studio 2 Christin Hahn 10:30am - 11:30am	Steady & Strong Studio 1 Janet Pfeffer 10:45am - 11:30am	Chair Yoga Studio 1 Sara Robins 10am - 11am	Reformer Pilates Studio 2 Susan Irwin 10am - 10:45am			Steady & Strong Studio 1 Janet Pfeffer 10:45am - 11:30am
			Barre Studio 2 Christin Hahn 10:30am - 11:30am	Steady & Strong Studio 1 Janet Pfeffer 10:45am - 11:30am			
11am		Steady & Strong II Studio 1 Janet Pfeffer 11:30am - 12:15pm		Steady & Strong II Studio 1 Janet Pfeffer 11:30am - 12:15pm			Steady & Strong II Studio 1 Janet Pfeffer 11:30am - 12:15pm
3pm			HIIT Studio 1 Kristin Lockerman 3:30pm - 4:15pm				
4pm	Express Strength Studio 1 Tracy Cohee 4:30pm - 5pm		Cycling Studio 1 Kristin Lockerman 4:30pm - 5:15pm				
5pm	CXWORX Studio 1 Tracy Cohee 5pm - 5:30pm	Cardio Fusion Studio 1 Tracy Cohee 5:30pm - 6:30pm	Mat Pilates Studio 2 Kristin Lockerman 5:30pm - 6:15pm				HIIT Studio 1 Diana Bartell 5pm - 5:30pm
	Express Cycling Studio 1 Tracy Cohee 5:45pm - 6:15pm						Cycling Studio 1 Diana Bartell 5:45pm - 6:30pm

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
6pm		Vinyasa Yoga Studio 2 Colleen Morrison 6pm - 7pm					Vinyasa Yoga Studio 2 Doug Kawakami 6pm - 7pm

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