



# Richard A. Henson Family YMCA

March 29th - April 4th

715 S. Schumaker Dr.

Salisbury, MD 21801

410.749.0101

	FRI 29	SAT 30	SUN 31	MON 1	TUE 2	WED 3	THU 4
6am	<b>Core &amp; More</b> Group Exercise 3 Celeste Grudzien 6am - 6:45am			<b>Cycling</b> Group Exercise 1 Jay DeBerardinis 6am - 6:45am	<b>Floor, Core, and More</b> Group Exercise 3 Cheryl Spurlock 6am - 6:45am	<b>Cycling</b> Group Exercise 1 Marlaine Renner 6am - 6:45am	<b>Active Adult Training</b> Group Exercise 3 Cheryl Spurlock 6:30am - 7:15am
	<b>Cycling</b> Group Exercise 1 Sarah Fielding 6am - 6:45am			<b>Active Adult Training</b> Group Exercise 3 Cheryl Spurlock 6:30am - 7:15am		<b>Step &amp; Tone</b> Group Exercise 3 Lynn Taylor 6:30am - 7:15am	
8am	<b>Zumba®</b> Group Exercise 3 Ivonne Steele 8:30am - 9:15am	<b>Cycling</b> Group Exercise 1 Ruta DiCarlo 8:30am - 9:30am		<b>Strength &amp; Core</b> Group Exercise 3 Shelly Seibert 8:30am - 9:30am		<b>Zumba®</b> Group Exercise 3 Jen Morgan 8:30am - 9:15am	<b>Strength Training</b> Group Exercise 3 Shelly Seibert 8:30am - 9am
		<b>HIIT</b> Group Exercise 2 Don Copper 8:30am - 9:30am					
9am	<b>WaterFIT! (shallow)</b> Donnie Williams Pool Tina Lambert-Marzec 9am - 10am	<b>Strength Training</b> Group Exercise 3 Sarah Fielding 9:30am - 10:30am		<b>Aqua Stretching</b> Donnie Williams Pool Kim Bunting 9am - 10am	<b>Aquasize - Deep</b> Morris Indoor Pool Maureen Gerardi 9am - 10am	<b>Aqua Stretching</b> Donnie Williams Pool Kim Bunting 9am - 10am	<b>Aquasize - Deep</b> Morris Indoor Pool Maureen Gerardi 9am - 10am
	<b>Floor, Core, and More</b> Group Exercise 3 Amy Sorg 9:30am - 10:30am	<b>Vinyasa Yoga</b> Group Exercise 2 Mary Seemann 9:30am - 10:30am		<b>Gentle Yoga</b> Group Exercise 2 Sarah Halcott 9:45am - 10:45am	<b>Mat Pilates</b> Group Exercise 3 Amy Sorg 9am - 9:30am	<b>Faith &amp; Fitness</b> Group Exercise 2 Charlene Brown 9:30am - 10:30am	<b>Pilates on the Ball</b> Group Exercise 3 Amy Sorg 9:05am - 9:35am
					<b>ZUMBA® Gold</b> Group Exercise 3 Aggie Beletsky 9:45am - 10:45am	<b>Tabata</b> Group Exercise 3 Amy Sorg 9:30am - 10:30am	<b>Gentle Yoga</b> Group Exercise 2 Sarah Halcott 9:45am - 10:45am
					<b>Cycling</b> Group Exercise 1 Amy Sorg 9:45am - 10:30am		<b>Cycling</b> Group Exercise 1 Amy Sorg 9:45am - 10:30am
10am	<b>Water Volleyball</b> Donnie Williams Pool Tina Lambert-Marzec 10:10am - 11:20am			<b>AquaZUMBA (shallow)</b> Morris Indoor Pool Aggie Beletsky 10:05am - 10:55am	<b>Aqua Aerobics</b> Donnie Williams Pool Eva Paxton 10am - 11am	<b>AquaZUMBA (shallow)</b> Morris Indoor Pool Aggie Beletsky 10:05am - 10:55am	<b>Aqua Aerobics</b> Donnie Williams Pool Eva Paxton 10am - 11am
11am	<b>Active Adult Training</b> Group Exercise 3 Lynn Taylor 11am - 12pm		<b>Yin Yoga</b> Group Exercise 2 Jordan Suber 11:15am - 12:15pm	<b>Active Adult Training</b> Group Exercise 3 Shelly Seibert 11am - 12pm		<b>Active Adult Training</b> Group Exercise 3 Shelly Seibert 11am - 11:45am	
12pm			<b>BODYPUMP™</b> Group Exercise 3 Sarah Fielding 12:30pm - 1:30pm		<b>Chair Yoga</b> Group Exercise 3 Eva Paxton 12:30pm - 1:15pm		<b>Chair Yoga</b> Group Exercise 3 Eva Paxton 12:30pm - 1:15pm
2pm			<b>Zumba®</b> Group Exercise 3 Chris Pagan 2:30pm - 3:30pm				

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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	FRI 29	SAT 30	SUN 31	MON 1	TUE 2	WED 3	THU 4
4pm	<b>Tabata</b> Group Exercise 3 Kat Mogan 4:30pm - 5:25pm			<b>Step</b> Group Exercise 3 Amy Sorg 4:30pm - 5:15pm		<b>Step</b> Group Exercise 3 Lynn Taylor 4:30pm - 5:15pm	
5pm	<b>Vinyasa Yoga</b> Group Exercise 2 Eva Paxton 5:30pm - 6:30pm			<b>Aqua Aerobics</b> Donnie Williams Pool Christine Wolfe 5pm - 6pm	<b>Vinyasa Yoga</b> Group Exercise 2 Eva Paxton 5pm - 6pm	<b>Aqua Aerobics</b> Donnie Williams Pool Christine Wolfe 5pm - 6pm	<b>BODYPUMP™</b> Group Exercise 3 Don Copper 5pm - 6pm
				<b>Zumba®</b> Group Exercise 3 Aggie Beletsky 5:25pm - 6:20pm		<b>Cycling</b> Group Exercise 1 Sarah Fielding 5:30pm - 6:30pm	
				<b>Cycling</b> Group Exercise 1 Sarah Fielding 5:30pm - 6:30pm		<b>Hatha Yoga</b> Group Exercise 3 Mary Seemann 5:30pm - 6:30pm	
6pm				<b>BODYPUMP™ Express</b> Group Exercise 2 Sarah Fielding 6:40pm - 7:15pm	<b>Barre</b> Group Exercise 2 Nicole Bellamy 6pm - 7pm	<b>Zumba®</b> Group Exercise 3 Britni Fleetwood 6:30pm - 7:30pm	<b>Cycling</b> Group Exercise 1 Sarah Fielding 6pm - 6:45pm
					<b>Zumba®</b> Group Exercise 3 Lisa Robbins 6:30pm - 7:30pm	<b>BODYPUMP™ Express</b> Group Exercise 2 Sarah Fielding 6:40pm - 7:15pm	<b>Zumba®</b> Group Exercise 3 Chris Pagan 6:30pm - 7:30pm

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