



Richard A. Henson Family YMCA  
September 22nd - September 28th

715 S. Schumaker Dr.  
Salisbury, MD 21801  
410.749.0101

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
6am	<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	<b>Cycling</b> Group Exercise 1 Cheryl Spurlock 6:30am - 7:15am	<b>Floor, Core, and More</b> Group Exercise 3 Celeste Grudzien 6:30am - 7:15am			
7am				<b>Stretch</b> Group Exercise 3 Marlaine Renner 7:30am - 8am			
				<b>Stretch</b> Group Exercise 3 Marlaine Renner 7:30am - 8am			
8am		<b>Zumba®</b> Group Exercise 3 Jen Morgan 8:30am - 9:15am			<b>Step</b> Group Exercise 3 Lynn Taylor 8:15am - 9:30am		<b>Strength Training</b> Group Exercise 3 Bev Sterling 8:30am - 9:30am
					<b>Cycling</b> Group Exercise 1 Ruta DiCarlo 8:30am - 9:30am		
9am	<b>Senior Fitness</b> Facebook Live Barbara Jarrell 9am - 10am	<b>Tabata</b> GX3 & Facebook Live Amy Sorg 9:30am - 10:30am	<b>Pilates on the Ball</b> Group Exercise 3 Amy Sorg 9am - 9:30am	<b>Senior Fitness</b> Facebook Live Barbara Jarrell 9am - 9:45am	<b>Strength Training</b> Group Exercise 3 Sarah Fielding 9:30am - 10:30am		<b>Gentle Yoga</b> Group Exercise 3 Mary Kaul Black 9:45am - 10:45am
	<b>Mat Pilates</b> Group Exercise 3 Amy Sorg 9am - 9:30am	<b>Vinyasa Yoga</b> Group Exercise 2 Kate Deckenback 9:30am - 10:30am	<b>Cycling</b> Group Exercise 1 Amy Sorg 9:45am - 10:30am	<b>Floor, Core, and More</b> Group Exercise 3 Amy Sorg 9:30am - 10:30am	<b>Vinyasa Yoga</b> Group Exercise 2 Bev Sterling 9:30am - 10:30am		
	<b>ZUMBA® Gold</b> Group Exercise 3 Aggie Beletsky 9:45am - 10:30am		<b>HIGH</b> Group Exercise 3 Judy Oler 9:45am - 10:30am				
	<b>Cycling</b> Group Exercise 1 Amy Sorg 9:45am - 10:30am						
10am					<b>Zumba®</b> Group Exercise 3 Chris Pagan 10:45am - 11:45am		
11am				<b>Active Adult Training</b> Group Exercise 3 Bev Sterling 11am - 12pm			<b>Active Adult Training</b> Group Exercise 3 Lynn Taylor 11am - 12pm
12pm						<b>BODYPUMP™</b> Group Exercise 3 Sarah Fielding 12:30pm - 1:30pm	
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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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
<b>4pm</b>		<b>Step</b> Group Exercise 3 Lynn Taylor 4:30pm - 5:15pm		<b>Tabata</b> Group Exercise 3 Kat Mogan 4:30pm - 5:30pm			<b>Step</b> Group Exercise 3 Amy Sorg 4:30pm - 5:15pm
<b>5pm</b>	<b>HIIT</b> Outdoors/Back Parking Lot/Field Don Copper 5:30pm - 6:30pm	<b>Cycling</b> Group Exercise 1 Sarah Fielding 5:30pm - 6:30pm	<b>BODYPUMP™</b> Group Exercise 3 Don Copper 5pm - 6pm	<b>Vinyasa Yoga</b> Group Exercise 2 Mary Seemann 5:30pm - 6:30pm			<b>Zumba®</b> Group Exercise 3 Aggie Beletsky 5:30pm - 6:15pm
	<b>Cycling</b> Group Exercise 1 Mark Frieden 5:30pm - 6:30pm	<b>Vinyasa Yoga</b> Group Exercise 3 Eva Whipple 5:30pm - 6:30pm					<b>Cycling</b> Group Exercise 1 Sarah Fielding 5:30pm - 6:30pm
<b>6pm</b>			<b>Cycling</b> Group Exercise 1 Sarah Fielding 6pm - 6:45pm				

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