



YMCA at Duck Creek
June 25th - July 1st

5040 Kingsley Drive
Cincinnati, OH 45227
513.246.3250

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
6am	BOOT CAMP Aerobics Room Alison H. 6am - 7am	CYCLING Aerobics Room Jenn W. 6:15am - 7am	BOOT CAMP Aerobics Room Alison H. 6am - 7am				CARDIO AND STRENGTH TRAINING Aerobics Room Susan E. 6am - 7am
							CYCLING Aerobics Room Jenn W. 6:15am - 7am
8am	SILVERSNEAKERS® CLASSIC Aerobics Room Sara S. 8:15am - 9:15am	AOA CARDIO AND STRENGTH Aerobics Room Sara S. 8:15am - 9:15am	SILVERSNEAKERS® CLASSIC Aerobics Room Sara S. 8:15am - 9:15am	AOA CARDIO AND STRENGTH Aerobics Room Sara S. 8:15am - 9:15am	BOOT CAMP Aerobics Room Jan A. 8am - 9am		AOA DANCE FITNESS Aerobics Room Jan A. 8:15am - 9am
9am	CYCLING Fitness Room Natalie G. 9:15am - 10:15am	TRX SUSPENSION TRAINING® Fitness Room Lindsey S. 9:30am - 10am		PIYO® Aerobics Room Lindsey S. 9:30am - 10:30am	CYCLING Fitness Room Jan A. 9am - 9:30am		TRX SUSPENSION TRAINING® Aerobics Room Sarah G. 9am - 9:30am
							CARDIO AND STRENGTH TRAINING Aerobics Room Gina M. 9:15am - 10:15am
10am	BARRE Aerobics Room Emily L. 10:30am - 11:15am	CORE DE FORCE Aerobics Room Lindsey S. 10am - 10:45am	SILVERSNEAKERS YOGA® Aerobics Room Janice R. 10:30am - 11:15am	Reserved Space Aerobics Room 10:30am - 11:30am	REBOUNDING Aerobics Room Jan A. 10am - 10:45am		
11am	YOGA Aerobics Room Todd L. 11:30am - 12:25pm		YOGA Aerobics Room Todd L. 11:30am - 12:30pm	GENTLE YOGA Aerobics Room Janice R. 11:30am - 12:30pm			
12pm	YOGA Aerobics Room Todd L. 12:35pm - 1:30pm						CORE Aerobics Room Jan A. 12pm - 12:30pm
1pm		SILVERSNEAKERS® CLASSIC Aerobics Room Sara S. 1:30pm - 2:30pm	AOA MOTION Aerobics Room Fumie S. 1:30pm - 2:15pm				
		SILVERSNEAKERS® CLASSIC Aerobics Room Sara S. 1:30pm - 2:30pm					
2pm							SILVERSNEAKERS® CLASSIC Aerobics Room Sara S. 2pm - 3pm

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
5pm		CYCLING Aerobics Room Jan A. 5:15pm - 6pm					CYCLING Aerobics Room Jan A. 5:30pm - 6:30pm
6pm	YOGA Aerobics Room Sarah B. 6:30pm - 7:45pm	TRX SUSPENSION TRAINING® Fitness Room Jan A. 6:15pm - 6:45pm					YOGA Aerobics Room Janice R. 6:30pm - 7:45pm

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