



The Y in Catonsville
September 22nd - September 28th

850 S Rolling Rd
Catonsville, MD 21228
(410) 747-9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Cycle Multipurpose Room Carden S. 5:30am - 6:15am		Cycle Multipurpose Room Carden S. 5:30am - 6:15am				
			Cycle Multipurpose Room Carden S. 5:30am - 6:15am				
6am							BODYPUMP Multipurpose Room Laurie B. 6:30am - 7:15am
7am			HIIT Outdoors Tricia S. 7:30am - 8am	HIIT Outdoors Tricia S. 7:30am - 8am			
8am	Stay & Play Stay & Play 8am - 11am	BODYPUMP Multipurpose Room Laurie B. 8am - 8:45am	Stay & Play Stay & Play 8am - 11am	Water Fitness Pool Roberta C. 8am - 8:45am			Water Fitness Pool Dana J. 8am - 8:45am
		Water Fitness Pool Dana J. 8am - 8:45am	Pilates Outdoors Tricia S. 8:30am - 9am	Stay & Play Stay & Play 8am - 11am			Stay & Play Stay & Play 8am - 11am
		Stay & Play Stay & Play 8am - 11am		Yoga Outdoors Carrie H. 8:30am - 9am			
9am				Cardio Dance Multipurpose Room Sandra D. 9:15am - 10am	Cycle Multipurpose Room Rachael C. 9am - 9:45am		Cardio Dance Multipurpose Room Sandra D. 9:15am - 10am
					Water Fitness Pool Roberta C. 9am - 9:45am		
					Stay & Play Stay & Play 9am - 12pm		
10am						Water Fitness Pool Roberta C. 10am - 10:45am	
1pm	Aqua Arthritis Pool Dana J. 1pm - 1:45pm		Aqua Arthritis Pool Dana J. 1pm - 1:45pm				
2pm		Yoga Chair Multipurpose Room Carol E. 2pm - 2:45pm	Yoga Chair Multipurpose Room Carol E. 2pm - 2:45pm				Yoga Chair Multipurpose Room Carol E. 2pm - 2:45pm

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.



The Y in Catonsville
September 22nd - September 28th

850 S Rolling Rd
Catonsville, MD 21228
(410) 747-9622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
4pm	Stay & Play Stay & Play 4pm - 7pm	Stay & Play Stay & Play 4pm - 7pm	Stay & Play Stay & Play 4pm - 7pm	Stay & Play Stay & Play 4pm - 7pm			Stay & Play Stay & Play 4pm - 7pm
5pm	Cycle Multipurpose Room Lisa H. 5pm - 5:45pm	HIIT Multipurpose Room Patty M. 5:30pm - 6:15pm					Body Sculpt Multipurpose Room Patty M. 5:30pm - 6:15pm
6pm	Water Fitness Pool Celina S. 6pm - 6:45pm		Aqua Zumba Pool Shelvon C. 6pm - 6:45pm				
	BODYPUMP Multipurpose Room Lisa H. 6:15pm - 7:15pm		Cycle Multipurpose Room Brenda C. 6pm - 6:45pm				

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.