

the **Y** HEALTHY LIVING

LAND FITNESS CLASS SCHEDULE – May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Y Fit – Nikki (Court 1)	5:45-6:40AM P90X@LIVE Paula D			5:45-6:40AM P90X@LIVE Paula D.		
	8-8:50am Beginner Yoga Pam	8-8:55am Flexibility for Life Julie D	8-8:50am Beginner Yoga Pam			
9-10am *Fitness for Adults Dustin	9-10am *TRX (Court 3) Dustin	9-10am *Fitness for Adults Dustin	9-10am *TRX (Court 3) Dustin			
	9:05-9:50am The Basics Julie O.	9-10am Stretch It Out (Wellness Center) Julie D.	9:05-9:50am The Basics Julie O.			
9:15-10:10am P90X@LIVE Linda		9:15-10:05am Insanity@LIVE Linda	9:30-10:30am Kettlebell Circuit Paula D. (Community Rm 3)	9:15-10:10am P90X@LIVE Linda	9:30-10:30am Zumba@ (Court 3) Julie O.	
9:30-10am Cardio Walk & Fit (Court 2) Phyllis						
	10-11am Power Hour Julie O.	10:15-11am Zumba Gold@ (Court 2) Julie O.	10-11am Power Hour Julie O.			
10:30-11:30am SilverSneakers@ Classic Julie O.	11:15-12:15am SilverSneakers@ Circuit – Cammy	10:30-11:30am SilverSneakers@ Classic Nikki	11:15-12:15am SilverSneakers@ Circuit Cammy	10:30-11:30am SilverSneakers@ Classic – Cammy	11-11:45am Zumba Gold@ – (Court 3) Julie O.	
11:15-11:55am 20/20 Dustin		11:15-11:55am 20/20 Dustin				
5-5:30pm 30 Minute Shred Kathy	5-5:30pm Butts & Guts Dianne	5-5:30pm 30 Minute Shred Kathy	5-5:30pm Butts & Guts Dianne			4-4:45PM Pound@ Kelly
5:30-6:20pm Insanity@LIVE Julie O.		5:30-6:20pm Insanity@LIVE Julie O.	5:30-6:25pm P90X@LIVE Julie O.			5-6pm Strong By Zumba@ Kelly
	6-7pm Zumba@ Linda					
6:30-7pm HIIT –Julie O.		6:30-7pm HIIT – Julie O.				
7:05-8pm Yoga Laura		7:05-8pm Yoga Laura				

***PAY FOR CLASS**

REVOLUTIONS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45am Kathleen		6:00-6:45am Paula S.		6:00-6:45am Dianne	8:00-9:00am 5/6-Dianne
9:15-10:00am Julie O.	9:15-10:00am Cammy	9:15-10:00am Julie O.	9:15-10:00am Cammy	9:15-10:00am Cammy	5/13-Cammy 5/20-Kathleen 5/27-Kathy
5:45-6:30pm Paula S.	5:45-6:30pm Dianne	5:45-6:30pm Kathy	5:45-6:30pm Dianne		

HOLLIDAYSBURG AREA YMCA
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