



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: JUNE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Fitness Schedule SUMMER 2018	6:00-7:00a Energize Step Diane	5:45 – 6:30a Keep Fit Simple Calisthenics David	6:00-7:00a Energize Step Diane	5:45 – 6:30a Keep Fit Simple Calisthenics David	6:00-7:00a Energize Step Diane		
Schedule begins Friday, June 1, 2018	7:00-8:00a 20-10 Keith	7:00-8:00a Pilates Louise	7:00-8:00a Mindful Meditation Alicia	7:00-8:00a Pilates Louise	7:00-8:00a Yoga Barbara	7:30-8:30a Energize Step Diane	
Child Watch Hours: Monday 9-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 9-12,4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12 noon Sunday - closed	8:00-9:00a Body Sculpt Andy *in Exergame	8:00-9:00a Pilates Barbara	8:15-9:15a Low Impact Tammy	8:00-9:00a Pilates Barbara	8:10-9:10a Low Impact Esther	8:00-9:00a Zumba Emily *in Exergame	
* Classes held upstairs in Exergame Room	8:15-9:10a Zumba Barbara	8:00-9:00a Fit for Life Frank *in Exergame	8:15-9:15a Tai Chi for Balance- Louise *in Exergame *Signup Required	8:00-9:00a Fit for Life Frank *in Exergame	8:15-9:15a Tai Chi for Balance- Louise *in Exergame *Signup Required	8:45-9:45a Hardcore Justin	
*Signup Required - See Front Desk	9:15-10:15a Power Hour Barbara	9:15-10:15a Zumba Esther	9:30-10:30a Classic Nia Jessica	9:15-10:15a Power Hour Charlene	9:20-10:25a Nia Sculpt Jessica	10:00-10:45a Fit Kids Carolyn *in Exergame	
	9:30-10:30a Enhance Fitness Frank *in Exergame *Signup Required	9:15-10:15a Live Life Yoga Kay *in Exergame	9:30-10:30a Enhance Fitness Frank *in Exergame *Signup Required	9:15-10:15a Live Life Yoga Kay *in Exergame	9:30-10:30a Enhance Fitness Frank *in Exergame *Signup Required	11:30-12:15p Move4Life Kids David *in Exergame	
	10:45-11:45 Livestrong Alumni -Deb *in Exergame	10:30-11:30 Half and Half Marcia	10:45-11:45 Livestrong Alumni -Deb *in Exergame	10:30-11:30a Kripalu Hatha Yoga Gordon	10:30-11:30 Body Sculpt Marcia	12:15-1:15p Zumba Christy	
	10:45-11:45 Zumba Sona		10:45-11:45 Zumba Sona	11:45-12:45 Vitality Stretch Amy		1:45-2:45p Yoga Nikki	
	11:45-12:45 Vitality Stretch Amy		11:45-12:45 Vitality Stretch Amy	1:45-2:30p Yoqua Kay *In Small Pool		1:45-2:30p Aqua Zumba Carolyn	
		4:30-5:30p Energetic Yoga Dessie	1:00-2:00p Fitness Chair Denise G *in Exergame	4:30-5:30p Zumba Christy			
	4:30-5:30p Zumba Christy	5:00-6:00p Body Sculpt Chris *in Exergame	4:15-5:15p Yoga Nikki	5:30-6:30p Bootcamp Justin	6:00-7:00p Yin Yoga Julie		
	5:30-6:20p Fit Bootcamp Aynaz	6:15-7:15p Tai Chi Roberta	5:30-6:30p Cize Live Sona	6:30-7:30p Hatha Yoga Mazie			
	6:30-7:30p Yoga Flow Sheri		6:30-7:30p Zumba Toning Carolyn	6:30-8:30p Aikido Larry *in Exergame			

YMCA CAPE COD

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