



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

PARKLAWN YMCA
September 2017

MONDAY

| Time | Class | Location | Instructor |
|------------|-----------------|----------|------------|
| 9:15-10:00 | Silver Sneakers | Studio | Valley |

PM

TUESDAY

| Time | Class | Location | Instructor |
|------|-------|----------|------------|
|------|-------|----------|------------|

PM

WEDNESDAY

| Time | Class | Location | Instructor |
|------------|-----------------|----------|------------|
| 9:15-10:00 | Silver Sneakers | Studio | Valley |

PM

THURSDAY

| Time | Class | Location | Instructor |
|-----------|-------|----------|------------|
| 6:15-7:00 | Zumba | Studio | Candace |

FRIDAY

| Time | Class | Location | Instructor |
|------|-------|----------|------------|
|------|-------|----------|------------|

No class

SATURDAY

| Time | Class | Location | Instructor |
|------|-------|----------|------------|
|------|-------|----------|------------|

No class

SUNDAY

| Time | Class | Location | Instructor |
|------|-------|----------|------------|
|------|-------|----------|------------|

No class

* Asterisk denotes Specialty Classes. These classes have a separate fee schedule than other classes. Please check the Program Guide of inquire at the Membership Desk for more details.

Questions/comments in regards to group exercise please contact Lonnie Watts@ 414-274-0815

PARKLAWN YMCA at (414) 265-9622.