the States of th	SCHE (SUBJEC	IP EXERCI DULE T TO CHANGE SESSION I: 25-4/13/202!	CLASSES Boot Cam Cardio Bl Club Rem Indoor Cy Interval T Strength Yoga Zumba	<b>(16+ yrs):</b> ast ast cling raining & Tone	GROUP EXERCISE CLASSES (55+ yrs): Chair Yoga Silver Sneakers Water Arthritis (Pool) Water Works (Pool)	HEALTH CLASSE LiveSTRONG at Next cohort: TBD (Please contact R rwaller@pavymca Wellness House Through Cancer *All ages need phys	the YMCA (18+) aj at ext. 320 or a.org for info) Stretching
	<i></i>		· · · · · · · · · · · · · · · · · · ·	1	e free with membersh	1	
	SUN	MON	TUE	WED	THU	FRI	SAT
	Opens 8am	Opens 6am	Opens 6am	Opens 6am	n Opens 6am	Opens 6am	Opens 7am
AM CLASSES							
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							Water Arthritis
7:30 AM							Pool
7:45 AM							7:15-8a
8:00 AM		Silver		Silver	Silver		Boot Camp
	Indoor Cycling North Gym	Sneakers Dance	Silver Sneakers Dance Studio	Sneakers Dance	Sneakers Dance		North Gym 8–9a
8:30 AM	8-9a	Studio Clul	8-8-50=	Studio	Club Studio Clul Lemix 8 8 50 Remix		8-9a
8:45 AM		8-8:50a North Gyn		8-8:50a Nort	th Gym <sup>8-8;50a</sup> North Gyr	1	
9;00 AM		Silver 8:30-9:15 Sneakers	water Chall	water		water Sliver	
9:15 AM 9:30 AM		Dance	Pool Dance	Pool Sneake	ers Works Yoga	Works Sneakers Pool Dance	
	Club Remix	Studio 9-9:50a	9-9:45a Studio 9-10a	9-9:45a Dance Studio	Pool Dance Studio	9–9:45a Studio 9–9:50a	Zumba
5,45 AM	Dance Studio 9:30-10:30a	Boot Camp	Cardio Blast	9-9:50a Boot Ca			Dance Studio
10:15 AM	5;50-10;50a	North Gym	North Gym 9:30–10:30a	North	Gym North Gyr	North Gym	9:30-10:30a
10:30 AM		9;30-10;30a	5;50-10;50a	9:30-10	0;30a 9;30-10;30	9;30-10;30a	
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
				M CLASSES			
4:00 PM							
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM		Boot Camp	Yoga	Strongth 9			
6:15 PM 6:30 PM		North Gym	Dance Studio	Strength & Tone Wellne			
6:45 PM		6-6:50p	6-7р	North Gym House	hing		
0:45 PM 7:00 PM				Cancer	gh r		
7:15 PM		Zumba	Zumba	Dance Studio	roya		
7:30 PM		Dance Studio	Dance Studio 7-8p	<mark>6:30-7:</mark>	:30p Dance Studio 7-8p		
7:45 PM		7-8p					
8:00 PM				1		1	
8:15 PM		1	1	1			
8:30 PM							
8:45 PM			1	1			
	*CLOSES AT 2:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 8:4	15P CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 2:45P