the		GROUP EXERCISE SCHEDULE			5E	CLASSES (16+ yrs): Boot Camp Cardio Blast				EXERCISE (55+ yrs):		GROUP EXERCISE RESTORATIVE HEALTH CLASSES*:		
		(SUBJECT TO CHANGE))				Chair Yoga Silver Sneakers			LiveSTRONG at the YMCA (18+) Next cohort: TBD		
	CI	SUMMER SESSION: 6/9/2025-8/17/2025				Strength & Tone Wa					(Plea	(Please contact Raj at ext. 320 or rwaller@pavymca.org for info)		
Pav YM									Water Arthritis (Pool) Water Works (Pool)			Wellness House Stretching Through Cancer (16+)		
*Facility	will be cl	osed or	n Friday. 3	7/4 for		Yoga Zumba						All ages need physician approval to join.		
	dence Da		<i>"</i>		(Group Exerc	ise clas	ses are i	free witl	n membersh	[]			
	SU	•	м	N		TUE		VED		THU		FRI	SAT	
	Opens		Opens		Op	ens 6am	-	ns 6am	0	pens 6am	Ор	ens 6am	Opens 7am	
						Mon/Wed/Th								
						Α	M CLASS	ES						
6:00 AM														
6:15 AM														
6:30 AM									_					
6:45 AM														
7:00 AM									_					
7:15 AM 7:30 AM													Water Arthritis	
7:30 AM 7:45 AM													Pool 7:15-8a	
8:00 AM			Citara				Cilian		Ciberry					
8:00 AM 8:15 AM	Indoor (ycling	Silver Sneakers		Silver S	ineakers	Silver Sneakers	5	Silver Sneak	ers			Boot Camp North Gym	
8:30 AM	North Gyr		Dance	*Club	Dance St 8-8:50a	tudio	Dance	*CI	Dance	*Club			8-9a	
8:45 AM	8-9a		Studio 8-8:50a	Remix	8-8:508	3	Studio 8-8:50a	Ren	nix a a r	Remix				
9:00 AM			Silver	North Gym 8:30–9:15a	Water	Chair	Water	North 6 8:30-9:	iyi ii	North Gym 8:30-9:15a	Water	Silver		
9:15 AM			Sneakers		Works	Yoga Dance	Works	Silver	Wate	ernem	Works			
9:30 AM			Dance Studio		Pool 9-9:45a	Studio	Pool 9-9:45a	Sneakers Dance	Work Pool	Dance	Pool	Dance Studio		
9:45 AM	Club Ren Dance Stud		9-9:50a		5 5.150	9–10a		Studio 9–9:50a	9-9:45	Studio 9–10a	J-J. 4 J6	9-9:50a	Zumba	
10:00 AM	9:30-10:30		B	oot Camp		Cardio Blast		Boot Can		iterval Training		Cardio Blast	Dance Studio 9:30-10:30a	
10:15 AM			9	North Gym 0:30–10:30a		North Gym 9:30–10:30a		North Gy 9:30-10:3		North Gym 9:30–10:30a		North Gym 9:30–10:30a		
10:30 AM														
10:45 AM														
11:00 AM														
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6:00 PM			Charles	ь 0 Т	V									
6:15 PM			Strength & Tone North Gym		Yoga Dance Studio		Strength &							
6:30 PM			6-7p ́		6-7p		Tone North Gyi	Wellness m House						
6:45 PM							6:15-7:15	inough	g					
7:00 PM			Zumba		Zuml	ha		Cancer Dance Studio	Yog	a				
7:15 PM			Dance St	udio	Dance	e Studio		Studio 6:30-7:30	p Dano	e Studio				
7:30 PM			7-8p		7-8p				7-8p					
7:45 PM														
8:00 PM									_					
8:15 PM									_					
8:30 PM 8:45 PM									_					
ואיז כד.ט	*CLOSES /	AT 2:45D	*CLOSES	AT 8-45P	*רו מי	5ES AT 8:45P	*CLOSE	S AT 8:45F		SES AT 8:45P	*CLOS	5ES AT 8:45P	*CLOSES AT 2:45P	