



August Group Exercise Schedule

Kent County YMCA

Schedule is subject to change without notice.

Updated: 7/31/24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 1		Boot Camp Mitch 6:00am	Pilates Jackie 8:00am	Boot Camp Mitch 6:00am	Pilates Jackie 8:00am	Les Mills Body Pump Nick 8:00am	Yoga Ann 9:00 am
	Yoga Linda 9:30am	Step Jackie 9:30am	Strength Kristin 9:30am	Les Mills Body Pump Kristin 9:30am	Les Mills Body Balance Nancy 9:30am	Zumba Cari 10:00 am	
		Chair Yoga Jean 11:45am	Les Mills Body Balance Nancy 10:30am	Chair Yoga Jean 11:45am	Low Impact Kristin 10:45am		
	Drum Fitness Lorna 5:00pm <small>*Registration Required</small>	Yoga Mary 5:30pm		Yoga Dee 5:30pm	Cardio Dance Lorna 5:00pm		
	Pilates Joe 6:00pm		Les Mills Tone Paige 5:20pm	Zumba Cari 7:00pm			
		Les Mills Body Pump Angela 6:15pm					

Gymnasium	Strength Jackie 9:30am	Boot Camp Circuit* Kristin 9:30am <small>*In Fitness Center</small>	Zumba Jackie 9:30am		Step Interval Jackie 9:30am	Step Interval Jackie 9:30am
	Low Impact Kristin 10:45am		Low Impact Tina 10:45am	Silver Sneakers Tina 10:45 am	Boot Camp Circuit* Kristin 9:30am <small>*In Fitness Center</small>	
	Boot Camp* John 5:00pm <small>*In Fitness Center</small>	Drum Fitness* Tina 10:45am <small>*Registration Required</small>			Drum Fitness* Tina 10:45am <small>*Registration Required</small>	

Studio 2	Group Cycle* Kristin 9:30am <small>*Registration Required</small>	Group Cylce* Mitch 8:30 am <small>*Registration Required</small>	Drum for Parkinson's* Tina 11:45 am <small>*Registration Required</small>	Pedal for Parkinson's* John 11:30am <small>*Registration Required</small>	Group Cycle* Mitch 6:00am <small>*Registration Required</small>	Group Cylce* Mitch 9:00am <small>*Registration Required</small>
	Group Cycle* Tracey 5:30pm <small>*Registration Required</small>	Pedal for Parkinson's* John 11:30am <small>*Registration Required</small>	Group Cycle* Tracey 5:30pm <small>*Registration Required</small>		Drum for Parkinson's* Tina 11:45am <small>*Registration Required</small>	

Community

Strength
Lorna 5:30pm