

GROUP EXERCISE SCHEDULE

OCTOBER 2020



BEGINS OCTOBER 12TH!

GREATER SCRANTON YMCA

↓ CLICK ON A CLASS BELOW TO REGISTER! ↓

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

KICKBOXING 9am - Mary Margaret	CYCLING 9am - Jane	ZUMBA 9am - Michele	FITNESS DANCE 9am - Sara	CYCLING 9am - Johnathon	ZUMBA 9am - Michele
ZUMBA 9am - Michele	ZUMBA GOLD 10am - Phyllis	EASY DOES IT 10am - Phyllis	ZUMBA 10:15am - Renee	ZUMBA GOLD 10am - Phyllis	PILATES 10:15am - Lisa
PILATES & WEIGHTS 10am - Jane	CYCLING 5pm - Jaclyn	PiYo 1:30pm - Lisa	RHYTHM YOGA 10:15am - Jo	ZUMBA 9am - Michelle	
PiYo 1:30pm - Lisa	ZUMBA 5:15pm - Michele	STEP & WEIGHTS 4:30pm - Jane			
ZUMBA 5:15pm - Renee					

KEY LEGEND

- Online via ZOOM - Inside at the Y

Registration is required for ZOOM & INSIDE classes.

Check-in is REQUIRED inside the Y before attending any class.

Registrations can be done via our website:
www.greaterscrantonymca.org.

Classes are for Greater Scranton YMCA members only and space will be limited.

