

Saturday and Sunday Schedule

Saturday

9:00am Y-Cycle - Peggy

C

9:00 am Yoga—Deborah

S2

10:15am Yoga—Sarah M.

S2

10:15am Core Strength- Peggy (45 min.)

S1

◆◆◆*Saturday 9:00am class in Studio I
This class changes weekly for variety.*

SATURDAY – August– 9:00am

August 7 — Double Step w/Lynne Z.

August 14— Circuit Training w/ Meredith

August 21 — Zumba with Flava w/ Paula

August 28 — Interval Power Hour w/ Erin

Sunday

10:00am Yoga—Keegan

S2



Group Exercise Class Schedule

◆◆◆FREE TO MEMBERS◆◆◆

Cardio

Y-Cycle

Yoga

Zumba

Strength Conditioning

And much more!

*All group exercise classes are open to members
ages 15+ yrs*

Updated 8/1/10

August 2010

Hampshire Regional YMCA

286 Prospect Street • Northampton, MA • 01060

413.584.7086 • www.hrymca.org

Pat.monska@hrymca.org—Health&Wellness Director

Lynne.zusi@hrymca.org—Group Exercise Coordinator