

# GROUP EXERCISE SCHEDULE

June 1 - August 31, 2024

All classes are free as a member benefit and require registration, available three days in advance. Classes during the holiday season may be adjusted. For the most up to date class schedule or to make a reservation, visit us online at [sewickleymca.org](http://sewickleymca.org).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:15 a.m. PILATES AMY CV GYM	5:30 - 6:15 a.m. TONE & SCULPT AMY CV GYM	5:30 - 6:15 a.m. CYCLE MIKE CYCLE STUDIO	5:30 - 6:15 a.m. HIIT AMY CV GYM	5:30 - 6:15 a.m. CYCLE GEORGE CYCLE STUDIO	7 - 7:45 a.m. PUMP IT ADRIANE HUNTER GYM
5:30 - 6:15 a.m. CYCLE MICHAEL F. CYCLE STUDIO	8 - 8:45 a.m. STRETCH CHRIS CV GYM	5:30 - 6:15 a.m. CARDIO PUMP AMY CV GYM	8:15 - 9 a.m. PILATES AMY CV GYM	7 - 7:45 a.m. YOGA CHRIS CV GYM	8 - 8:45 a.m. PILATES AMY HUNTER GYM
8:15 - 9 a.m. STRETCH LAUREN CV GYM	8 - 8:45 a.m. FAB ABS ADRIANE HUNTER GYM	7:15 - 8 a.m. YOGA CHRIS CV GYM	8:15 - 9 a.m. STRETCH HUNTER GYM ADRIANE	8:15 - 9 a.m. WEEKLY POP-UP INSTRUCTOR ROTATION CV GYM	8 - 9 a.m. CYCLE ADRIANE CYCLE STUDIO
8:15 - 9 a.m. PUMP IT AMY HUNTER GYM	9 - 10 a.m. CYCLE ADRIANE CYCLE STUDIO	8 - 8:45 a.m. PUMP IT AMY HUNTER GYM	9:15 - 10 a.m. HI-LO AMY CV GYM	9:15 - 10 a.m. CONDITIONING & CORE ADRIANE CV GYM	9:15 - 10 a.m. CARDIO PUMP AMY CV GYM
9:15 - 10 a.m. BARRE AMY CV GYM	9:15 - 10 a.m. TONE & SCULPT AMY CV GYM	8:15 - 9 a.m. BODY IN BALANCE CHRIS CV GYM	9:15 - 10 a.m. CYCLE ADRIANE CYCLE STUDIO		9:15 - 10 a.m. CYCLE LORI CYCLE STUDIO
10:15 - 11:15 a.m. DELAY THE DISEASE CHRIS CV GYM	6 - 6:45 p.m. HI-LO CASSY CV GYM	9 - 9:45 a.m. LOW IMPACT AMY PAVILION	5:15 - 6 p.m. FAB ABS LAUREN CV GYM		
5:45 - 6:30 p.m. BOOTCAMP LORI WARRIOR COURSE	6 - 6:45 p.m. KICKBOXING ROBERT HUNTER GYM	9:15 - 10 a.m. DANCE FITNESS CHRIS CV GYM	6 - 6:45 p.m. TONE & SCULPT CASSY CV GYM		
6 - 6:45 p.m. CYCLE PHYLLIS CYCLE STUDIO		10:15 - 11:15 a.m. DELAY THE DISEASE CHRIS CV GYM			
6-6:45 p.m. STEP & SCULPT AMY CV GYM		5:15 - 6 p.m. PUMP IT LORI HUNTER GYM			
		6 - 6:45 p.m. CYCLE LORI CYCLE STUDIO			
					<b>SUNDAY</b>
					8:30 - 9:15 a.m. TOTAL BODY WORKOUT CASSY HUNTER GYM
					9:30 - 10:15 a.m. CYCLE CYCLE STUDIO
					10:30 - 11:15 a.m. STRETCH CHRIS CV GYM

# LIVE VIRTUAL GROUP EXERCISE SCHEDULE

June 1 - August 31, 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 - 9 a.m. STRETCH LAUREN	5:30 - 6:15 a.m. TONE & SCULPT AMY	9:15 - 10 a.m. DANCE FITNESS CHRIS	5:30 - 6:15 a.m. HIIT AMY	9:15 - 10 a.m. CONDITIONING & CORE ADRIANE	9:15 - 10 a.m. CARDIO PUMP AMY CV GYM	10:30 - 11:15 a.m. STRETCH CHRIS
9:15 - 10 a.m. BARRE AMY	8 - 8:45 a.m. STRETCH CHRIS CV GYM					
	9:15 - 10 a.m. TONE & SCULPT AMY					