

Winsted YMCA Group Exercise & Cycling

Fall II Program Session

Group Exercise

Group Cycling

Monday:

Ab Blast	10:00am	11:00am
Lunch Time Tone	12:10pm	12:50pm
20/20/20	6:30pm	7:30pm

Tuesday:

Body Tone	9:40am	10:10am
Silver Sneakers MSROM	10:30am	11:30am
Body Sculpt	6:00pm	7:00pm
Boot Camp	7:00pm	8:00pm

Wednesday:

Yoga	10:30am	11:30am
Lunch Time Tone	12:10pm	12:50pm
Total Body Conditioning	6:30pm	7:30pm

Thursday:

Silver Sneakers MSROM	10:30am	11:30am
Zumba	6:00pm	7:00pm
Boot Camp	7:00pm	8:00pm

Friday:

Yoga	10:30am	11:30am
Stability Ball/ Body Sculpt	6:00pm	7:00pm
Dance	7:00pm	8:00pm

Saturday:

Cardio Kickboxing	9:00am	10:00am
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Monday:

Indoor Cycling	8:00am	9:00am
Indoor Cycling	9:00am	10:00am
Indoor Cycling	5:30pm	6:30pm

Tuesday:

Indoor Cycling	8:30pm	9:30pm
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Wednesday:

Indoor Cycling	8:00am	9:00am
Indoor Cycling	9:00am	10:00am
Indoor Cycling	5:30pm	6:30pm

Thursday:

Indoor Cycling	9:00am	10:00am
Indoor Cycling	7:00pm	8:00pm

Friday:

Indoor Cycling	8:00am	9:00am
Indoor Cycling	9:00am	10:00am

Saturday:

Indoor Cycling	8:00am	9:00am
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