

YMCA Canaan Branch - Group Exercise

Monday:

Full Body Blast	9:00AM	10:00AM
Yoga Stretch	10:00AM	11:00AM
Strength & Core Fusion	5:45PM	6:45PM

Tuesday:

Silver Sneakers MSROM	10:30AM	11:30AM
Cardio Sculpt	5:45PM	6:45PM
Stretch & Release	6:45PM	7:30PM

Wednesday:

Full Body Blast	9:00AM	10:00AM
Silver Sneakers Yoga Stretch	10:30AM	11:30AM
Yoga-Geer Hollenbeck Room	3:30PM	5:00PM
Yoga-Geer Hollenbeck Room	5:30PM	7:00PM
Weight Room Circuit	5:45PM	6:45PM

Thursday:

Silver Sneakers MSROM	10:30AM	11:30AM
Cardio Kickbox	5:45PM	6:45PM
Tween Boot Camp	7:00PM	7:45PM

Friday:

Belly Dance	9:00AM	10:00AM
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Saturday:

Yoga	8:30AM	9:30AM
Weekend Warrior	9:30AM	10:30AM
Tween Boot Camp	10:45AM	11:30AM