

# GROUP EXERCISE SCHEDULE MAY 2026



SUN	MON	TUE	WED	THU	FRI	SAT
					1 6:10 Cycle—Beth 9am—Practical Pilates-Annette 10:15 Chair Yoga— Annette 11am Water Aerobics-Lulu 12pm Zumba-Amanda	2 10am Zumba— Cynthia
3	4 6:10 Cycle—Beth 10am-Total Body Burn-Jeff 11am Water Aerobics-Dot 12:15pm Zumba Chair-Amanda 1:15pm-Arthritis-Debbie 5:15pm Total Body Burn-Jeff	5 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	6 6:10am Cycle-Beth 10am Zumba Toning-Amanda 11:15am Core & Cardio-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	7 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers-Debbie 5:15pm Cycle Marcia	8 6:10 Cycle—Beth 9am—Practical Pilates-Annette 10:15 Chair Yoga— Annette 11am Water Aerobics-Lulu 12pm Zumba-Amanda	9 10am Zumba- Cynthia
10	11 6:10 am—Cycle-Beth 10am Total Body Burn-Jeff 11am Water Aerobics-Valerie 12:15pm Zumba Chair-Lisa 1:15pm-Arthritis-Debbie 5:15pm Total Body Burn-Jeff	12 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	13 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff <u>11am No Water Aerobics</u> 5:15pm –Pound-Sandra	14 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	15 6:10 Cycle—Beth 9am—Practical Pilates-Annette 10:15 Chair Yoga— Annette 11am Water Aerobics-Lulu 12pm Zumba-Amanda	16 10am Zumba-Cynthia
17	18 6:10 Cycle—Beth 10am Total Body Burn-Jeff 11am Water Aerobics-Dot 12:15 Zumba Chair-Lisa 1:15pm-Arthritis-Debbie 5:15pm Total Body Burn-Jeff	19 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	20 6:10am Cycle-Beth 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff 11am Water Aerobics-Dot 5:15pm –Pound-Sandra	21 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	22 6:10 Cycle-Beth 9am—Practical Pilates-Annette 10:15 Chair Yoga— Annette 11am Water Aerobics-Lulu 12pm Zumba-Lulu	23 10am Zumba-Cynthia
24	25 <b>YMCA CLOSED MEMORIAL DAY</b>	26 9am-Yoga-Illise 10:15am Earn it, Burn it -Jeff 10am Water Arthritis-Annette 11am Water Aerobics-Valerie 1pm-Silver Sneakers-Valerie	27 6:10am Cycle– Beth 10am Zumba Toning-Lisa 11:15am Core & Cardio-Jeff 11am Water Aerobics-Dot 5:15pm –NO POUND	28 9am Yoga-Annette 10:15am Zumba Toning-Amanda 11am Water Aerobics –Valerie 1pm Silver Sneakers –Debbie 5:15pm Cycle-Marcia	29 6:10 Cycle-Beth 9am—Practical Pilates-Annette 10:15 Chair Yoga— Annette 11am Water Aerobics-Lulu 12pm Zumba-Lulu	30 10am Zumba-Cynthia <b>Luau Zumbathon 2:30pm-5pm</b>
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