



GROUP FITNESS SCHEDULE
Saturday, Aug 25 - Monday, Sep 3
Shutdown Week - Labor Day

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Sat, Aug 25	8:00-9:00am	Cycle	Joyce	Cycle Studio
	9:15-10:15am	Zumba	James	Studio A/B
	9:15-10:15am	Pilates	Amy R	Studio C
	9:45-10:30am	Seated Yoga	Amy	Meeting Room
	10:30-11:30am	Strength Train Together	Elana	Studio A/B
	10:30-11:30am	L & L Yoga	Amy V	Studio C
	11:45-12:45pm	Essentrics	June	Studio C
Sun, Aug 26	8:00-9:00am	Total Fit	Vicki	Studio A/B
	9:15-10:15am	Cycle	Norm	Cycle Studio
	9:15-10:15am	Defend Together	Denise	Studio A/B
	9:15-10:15am	Core & More	Vicki	Studio C
	11:45-12:45pm	Vinyasa Yoga	Ana	Studio C
	4:00-5:00pm	Gentle Yoga	Nancy	Studio C
Mon, Aug 27	9:15-10:15am	Defend Together	Denise	Studio C
	11:45-12:45pm	Core & More	Vicki	Studio C
Tue, Aug 28	10:30-11:30am	Zumba	James	Studio C
Wed, Aug 29	9:15-10:15am	Defend Together	Denise	Studio C
	10:30-11:30am	Y-Method	Shelly	Studio C
	6:45-7:45pm	Hatha Yoga	Greg	Studio C
	7:45-8:15pm	Meditation	Greg	Studio C
Thu, Aug 30	10:30-11:30am	Zumba	Danette	Studio C
	11:45-12:45pm	Kundalini	Greg	Studio C
Fri, Aug 31		CLOSED		
Sat, Sep 1	8:00-9:00am	Cycle	Amy R	Cycle Studio
	9:15-10:15am	Pilates	Amy R	Studio C
	10:30-11:30am	Strength Train Together	Michelle	Studio A/B
Sun, Sep 2	8:00-9:00am	Sweat & Sculpt	Judy	Studio A/B
	9:15-10:15am	Cycle	Mary Ann	Cycle Studio
	9:15-10:15am	Defend Together	Denise	Studio A/B
	9:15-10:15am	Y-Method	Judy	Studio C
	10:30-11:30am	Body Sculpt	Robin	Studio C
	11:45-12:45pm	Vinyasa Yoga	Robin	Studio C
Mon, Sep 3	9:15-10:15am	Cycle	Norm	Cycle Studio
	LABOR DAY 9:15-10:15am	Zumba	Nicole	Studio A/B

OPEN 8:00am-12:00PM

WESTPORT WESTON FAMILY YMCA

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QUESTIONS?

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***PLEASE NOTE CLASSES ARE SUBJECT TO CHANGE**