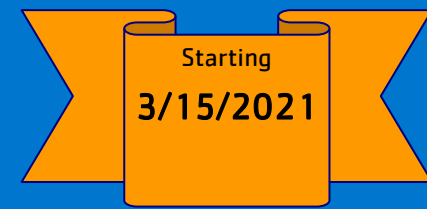


HALE GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LIVE AT HALE SCHEDULE

MONDAY

CYCLE
Earl
5:15A
G CAP 18

BODYPUMP
Agnes
6:00A
A CAP 6

CYCLE/CORE
Christina
9:00A
G CAP 18

BODYPUMP
Julie
10:00A
G CAP 18

BODY PUMP
Jaimee:
4:30P
A CAP 12

TUESDAY

LIFT
Bri
5:15A
G CAP 18

PILATES
Tina
8:30A
A CAP 12

SENIOR STRENGTH & CARDO
Cindy
10:00 A
G CAP 18

GENTLE JOINTS
Salina
11:30—12:15P
WWP CAP 10

BODY COMBAT
Erin
4:30 pm
G CAP 18

WEDNESDAY

SWIMMER STRENGTH HYBRID: COMBAT/PUMP/CORE
Erin
5:30A
G CAP 18

CYCLE
Christina
8:00A
G CAP 18

CORE & MORE
Bri
9:00A
G CAP 18

ZUMBA
Jaimee
4:30P
G CAP 18

BODY PUMP
Melissa
5:30P
G CAP 18

THURSDAY

MIXFIT
Bri
5:15A
G CAP 18

BODYPUMP
Julie
10:00A
G CAP 18

SENIOR STRENGTH & STRETCH
Julie
11:00A
G CAP 18

BODY COMBAT
Jaimee
4:30P
G CAP 18

YOGA
Martha
5:00P
A CAP 18

FRIDAY

CYCLE
Erin
5:15A
G CAP 18

HIIT
Christina
9:00A
G CAP 18

SATURDAY

ZUMBA
Sarah
8:30A
G CAP 18

CYCLE STRENGTH
Nicole
9:30A
G CAP 18

AQUA FITNESS
Melissa/Agnes
9:00A
Lap Pool CAP 8

YOGA
Rhonda
11:00A
A CAP 18

SUNDAY

SUNDAY CYCLE
Erin/Melissa
7:30A
G CAP 18

HYBRID COMBAT /PUMP
Erin
8:30A
G CAP 18

Stretch
Autumn
9:30A
A CAP 18

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|-----|---|
| Key | HALE IN PERSON Gym /Studio A |
| | HALE IN PERSON & GHYMCA ZOOM |
| | G = Gymnasium : A = Studio A: CAP =class capacity |

Aqua Fitness : 9AM Mon-Fri space is limited. For scheduling and availability contact: Jennifer Looney: 860.315.9622 x125
Jennifer.Looney@ghymca.org.