

ZOOM GROUP EXERCISE SCHEDULE the

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer

BEGINNING: June 14, 2021

VIRTUAL SCHEDULE

KEY: SENIOR FRIENDLY CLASSES

MONDAY

BOOTCAMP*

Kate
5:15am
ID: 937 5007 3138

STEP*

Maria
9:00 am
ID: 954 7353 7360

POWER YOGA

Rachel
12:00 pm
ID: 990 2693 6806

Silver Sneakers

Classic*
Glorimar
12:15 pm
ID: 922-6722-3272

ZUMBA

Carla
4:30 pm
ID: 956 1177 4855

STT*

Glorimar
5:30 pm
ID: 948 2451 5774

TUESDAY

STT*

Heidi
5:15 am
ID: 914 8461 4851

INTO TO YOGA*

Erin
10AM
ID 926 5810 2975

KEEP IT MOVIN*

Ginny
11AM
ID 980 5966 5211

SILVER SNEAKERS

Glenn
11:00 am
ID: 848 1605 7544

BOOT CAMP

Jeanne
12:00 pm
ID: 990 2693 6806

ZUMBA

Carla
5:30 pm
ID: 950 5079 0256

WEDNESDAY

STRENGTH & CONDITIONING*

Jesse
9:00am
ID 993 3670 6434

SILVER SNEAKERS

CLASSIC*
Mo
10:15 am
ID: 953 3501 6485

SILVER SNEAKERS*

STRENGTH & BAL
Mo
11:15 am
ID: 967 5642 5436

ZUMBA*

Rodolfo
5:30 pm
ID 981-8954-4764

THURSDAY

SILVER SNEAKERS

CLASSIC*

Mo
9:00 am
ID: 928 1457 9865

ZUMBA

Carla
5:45pm
ID: 849 1037 5317

FRIDAY

BOOT CAMP*

Jesse
7:45 am
ID: 957 2321 9956

SATURDAY

STT*

Heidi
7:15 am
ID 957 2994 8611

ZUMBA*

Laura
9:100am
ID :960 0226 9771

ALL LEVELS YOGA*

Sarita
10:15A
ID 918 3769 7306

Zoom Password:

Classes without*

YMCA + "time of class"
Example: YMCA5:30P

SUNDAY

ZUMBA

Tressa
8:00 am
ID: 919 8433 0446

Zoom Password:

Classes with*

IV+"time of class"
Example: IV7:30A