












Wellness Studio Winter 2 February 22-April 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
6:00	5:55-6:55	5:55-6:55	5:55-6:55	5:55-6:55	5:55-6:55			6:00					
6:15		Body Blast Interval Training		Body Blast Interval Training			YMCA Closed	6:15					
6:30								6:30					
6:45								6:45					
7:00								7:00					
7:15	7:00 - 8:00 Heartwatch		7:00-8:00 Heartwatch		7:00 - 8:00 Heartwatch		YMCA Closed	7:15					
7:30								7:30					
7:45						7:30-8:30 Cycle Strong		7:45					
8:00								8:00					
8:15	8:15-9:15 Cycle Strong	8:15-8:45 Glide	8:15-9:15 Cycle Strong	8:15-8:45 Glide	8:15-9:15 Cycle Strong		YMCA Closed	8:15					
8:30												8:30	
8:45													8:45
9:00								9:00-10:00 Zumba		9:00-10:00 Zumba		9:00-10:00	
9:15								9:15					
9:30	9:30-10:30		9:30-10:30		9:30-10:30			9:30					
9:45		10:00-10:30 A.B.C.		10:00-10:30 A.B.C.			YMCA Closed	9:45					
10:00													10:00
10:15								10:15					
10:30		10:35-11:35		10:35-11:35				10:30					
10:45								10:45					
11:00								11:00					
11:15								11:15					
11:30								11:30					
12:00	12:00-12:45 Fitness Express	12:00-1:00 Zumba	12:00-12:45 Fitness Express	12:00-1:00 Zumba	12:00-12:45 Fitness Express		YMCA Closed	12:00					
12:15													12:15
12:30								12:30					
1:00								1:00					
1:15								1:15					
2:00						2:00-3:30 Karate Basics		2:00					
3:00	3:30-4:30 Dance Ages 6-9	3:40-4:40 5/6 Creative Dance	3:15-4:15 Contemp. Dance 7-12th	3:40-4:40 Hip Hop K-2nd			YMCA Closed	3:00					
3:30													3:30
4:00	4:30-5:30 Funk Fusion Dance 7-12th	4:40-5:40 7-9 Creative Dance	4:30-5:30 Hip Hop 5-6th	4:40-5:40 Hip Hop 3/4th			YMCA Closed	4:00					
4:15													4:15
4:30								4:30					
5:00								5:00					
5:30					5:30-6:30			5:30					
6:00	5:45-6:45	5:50-6:50 HIT	5:45-6:45	5:50-6:50 HIT		YMCA Closed	YMCA Closed	6:00					
6:15								6:15					
6:30								6:30					
6:45									6:45				
7:00	7:00-8:00	7:00-8:30 Cycle Strong	7:00-8:30 Karate Basics	7:00-8:00				7:00					
7:15								7:15					
7:30								7:30					
7:45								7:45					
8:00								8:00					

Visit Our Website: Penbayymca.org for current Program/Facility Schedules