



Maple Street YMCA | May 4th - May 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP® Studio B					5:30AM-6:15AM (Group Exercise) <i>Becki P.</i>	10:30AM-11:30AM (Group Exercise) <i>Becki P.</i>	
Step Studio B					8:30AM-9:30AM (Group Exercise) <i>Sherri M.</i>		
Chair One Fitness Gymnasium					9:00AM-9:45AM (Active Older Adult) <i>Becki P.</i>		
Aqua Zumba Pool					10:00AM-10:45AM (Group Exercise) <i>Takako M.</i>		
Group Active Studio B					10:00AM-11:00AM (Group Exercise) <i>Becki P.</i>		
Group Fight® Studio B					6:00PM-7:00PM (Cardio) <i>Samantha H.</i>		
HIIT Cardio Strength Studio B						7:30AM-8:15AM (Group Exercise) <i>Kirsten H.</i>	
Total Body Conditioning (TBC) Studio B						8:30AM-9:15AM (Group Exercise) <i>Mike</i>	
Cycling Cycling Studio						9:30AM-10:15AM (Group Exercise) <i>Sarah</i>	
DanceFit Studio B							12:00PM-1:00PM (Cardio) <i>Maria F.</i>