



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Stoney Creek YMCA Group Exercise Schedule October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:30-9:30 am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Zumba	2 9:30-10:30am Step 1:00-2:00pm SS Classic 5:15-5:45pm Functional Strength (Arms and Shoulers) 6:00-6:30pm Trek N Tread 6:30-7:30pm Zumba	3 8:30-9:30am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Yoga	4 9:00-9:25am Stretch and Balance 9:30-10:30am SS Classic	5 9:00-10:00am Yoga
6	7 9:30-10:30am Step 1:00-2:00pm SS Classic 4:30-4:55pm Core 5:00-5:25pm Functional Strength (Chest and Back) 5:30-6:30pm Zumba 6:30-7:30pm Yoga	8 8:30-9:30 am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Zumba	9 9:30-10:30am Step 1:00-2:00pm SS Classic 5:15-5:45pm Functional Strength (Glutes and Legs) 6:00-6:30pm Trek N Tread 6:30-7:30pm Zumba	10 8:30-9:30am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Yoga	11 9:00-9:25am Stretch and Balance 9:30-10:30am SS Classic	12 9:00-10:00am Yoga

<p>13</p>	<p>14 9:30-10:30am Step 1:00-2:00pm SS Classic 4:30-4:55pm Core 5:00-5:25pm Functional Strength (Bodyweight) 5:30-6:30pm Zumba 6:30-7:30pm Yoga</p>	<p>15 8:30-9:30 am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Zumba</p>	<p>16 9:30-10:30am Step 1:00-2:00pm SS Classic 5:15-5:45pm Functional Strength (Upper Body) 6:00-6:30pm Trek N Tread 6:30-7:30pm Zumba</p>	<p>17 8:30-9:30am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Yoga</p>	<p>18 9:00-9:25am Stretch and Balance 9:30-10:30am SS Classic</p>	<p>19 <u>No Yoga</u></p>
<p>20</p>	<p>21 9:30-10:30am Step 1:00-2:00pm SS Classic 4:30-4:55pm Core 5:00-5:25pm Functional Strength (Lower Body) 5:30-6:30pm Zumba 6:30-7:30pm Yoga</p>	<p>22 8:30-9:30 am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Zumba</p>	<p>23 9:30-10:30am Step 1:00-2:00pm SS Classic 5:15-5:45pm Functional Strength (Bodyweight) 6:00-6:30pm Trek N Tread 6:30-7:30pm Zumba</p>	<p>24 8:30-9:30am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Yoga</p>	<p>25 9:00-9:25am Stretch and Balance 9:30-10:30am SS Classic</p>	<p>26 <u>No Yoga</u></p>
<p>27</p>	<p>28 9:30-10:30am Step 1:00-2:00pm SS Classic 4:30-4:55pm Core 5:00-5:25pm Functional Strength (Arms) 5:30-6:30pm Zumba 6:30-7:30pm Yoga</p>	<p>29 8:30-9:30 am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Zumba</p>	<p>30 9:30-10:30am Step 1:00-2:00pm SS Classic 5:15-5:45pm Functional Strength (Full Body) 6:00-6:30pm Trek N Tread 6:30-7:30pm Zumba</p>	<p>31 8:30-9:30am SS Classic 9:30-10:30am SS Classic</p>  <p>Come to our Halloween Bash from 5:00-7:00pm</p>		