



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Stoney Creek YMCA Group Exercise Schedule September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Closed for Labor Day 	3 8:30-9:30 am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Zumba	4 9:30-10:30am Step 1:00-2:00pm SS Classic 6:00-6:30pm Trek N Tread 6:30-7:30pm Zumba	5 8:30-9:30am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Yoga	6 9:00-9:25am Stretch and Balance 9:30-10:30am SS Classic	7 9:00-10:00am Yoga
8	9 9:30-10:30am Step 1:00-2:00pm SS Classic 4:30-4:55pm Core 5:00-5:25pm Functional Strength (Biceps and Hamstrings) 5:30-6:30pm Zumba 6:30-7:30pm Yoga	10 8:30-9:30 am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Zumba	11 9:30-10:30am Step 1:00-2:00pm SS Classic 5:15-5:45pm Functional Strength (Legs and Core) 6:00-6:30pm Trek N Tread 6:30-7:30pm Zumba	12 8:30-9:30am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Yoga	13 9:00-9:25am Stretch and Balance 9:30-10:30am SS Classic	14 <u>No Yoga</u>

<p>15</p>	<p>16 9:30-10:30am Step 1:00-2:00pm SS Classic 4:30-4:55pm Core 5:00-5:25pm Functional Strength (Arm Burner) 5:30-6:30pm Zumba 6:30-7:30pm Yoga</p>	<p>17 8:30-9:30 am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Zumba</p>	<p>18 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>19 8:30-9:30am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Yoga</p>	<p>20 9:00-9:25am Stretch and Balance 9:30-10:30am SS Classic</p>	<p>21 9:00-10:00am Yoga</p>
<p>22</p>	<p>23 9:30-10:30am Step 1:00-2:00pm SS Classic 4:30-4:55pm Core 5:00-5:25pm Functional Strength (Lower Body Blast) 5:30-6:30pm Zumba 6:30-7:30pm Yoga</p>	<p>24 8:30-9:30 am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Zumba</p>	<p>25 9:30-10:30am Step 1:00-2:00pm SS Classic 5:15-5:45pm Functional Strength (Arms and Core) 6:00-6:30pm Trek N Tread 6:30-7:30pm Zumba</p>	<p>26 8:30-9:30am SS Classic 9:30-10:30am SS Classic 6:00-7:00pm Yoga</p>	<p>27 9:00-9:25am Stretch and Balance 9:30-10:30am SS Classic</p>	<p>28 9:00-10:00am Yoga</p>
<p>29</p>	<p>30 9:30-10:30am Step 1:00-2:00pm SS Classic 4:30-4:55pm Core 5:00-5:25pm Functional Strength (Glutes, hams, calves) 5:30-6:30pm Zumba 6:30-7:30pm Yoga</p>					

