

Pav YMCA Class Schedules...

Monday, June 14th, - Sunday, August 22nd, 2021



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM Classes			AM Classes			AM Classes	
6:00 AM			6:00 - 7:00 am Indoor Cycle- Nicko		6:00 - 7:00 am Indoor Cycle- Nicko		
8:00 AM		8:00 - 9:00 am Silver Sneakers - Nancy	8:00 - 9:00 am BOOM - Linda 8:00 - 9:00 am Silver Sneakers - Nancy	8:00 - 9:00 am Silver Sneakers - Nancy	8:00 - 9:00 am BOOM - Linda 8:00 - 9:00 am Silver Sneakers - Nancy		8:00 - 9:00 am Boot Camp - Lise
9:00 AM	9:00 - 10:00 am Indoor Cycle- Nicko	9:00 - 10:00 am Silver Sneakers - Nancy	9:00 - 10:00 am Chair Yoga -Nancy 9:00 - 10:00 am Water Works - Linda	9:00 - 10:00 am Silver Sneakers - Nancy 9:00 - 10:00 am Cardio Step - Raj	9:00 - 10:00 am Chair Yoga -Nancy 9:00 - 10:00 am Water Works - Linda	9:00 - 10:00 am Silver Sneakers - Nancy 9:00 - 10:00 am Cardio Blast - Raj	9:00 - 10:00 am Zumba - Toccara
10:00 AM		10:00 - 11:00 am Boot Camp - Jessica	10:00 - 11:00 am Interval Training - Raj	10:00 - 11:00 am Boot Camp - Jessica			
PM Classes			PM Classes			PM Classes	
6:00 PM		6:00 - 7:00 pm Boot Camp - Col. Mike	6:00 - 7:00 pm Boot Camp - Col. Mike	6:00 - 7:00 pm Boot Camp - Col. Mike			
6:30 PM					6:30 - 7:30 pm Spinoga - Peggy		
7:00 PM		7:00 - 8:00 pm Zumba - Toccara					
All Silver Sneakers Classes Ages 60 + Free with Silver Sneaker Memberships							
All Aquatic Classes free with Pav YMCA Membership							
All GX Classes free with Pav YMCA Membership							