

FALL GROUP EXERCISE SCHEDULE (EFF 10/27)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 AM - 6:15 AM SPIN ANNE		5:30 AM - 6:15 AM SPIN DANA			
6:45 AM - 7:45 AM STRETCH & GO GERRY				6:45 AM - 7:45 AM STRETCH & GO GERRY		
	8:00 AM - 8:45 AM SILVER SNEAKERS LEVEL 2 GERRY			8:00 AM - 8:45 AM SILVER SNEAKERS LEVEL 2 GERRY	7:45 AM - 8:45 AM YOGA (STUDIO A)	
8:15 AM - 9:00 AM SPIN TRISH L		8:15 AM - 9:00 AM SPIN TRISH L	8:15 AM - 9:00 AM SPIN POLLY C		8:15 AM - 9:00 AM SPIN ROTATION	8:15 AM - 9:00 AM SPIN ROTATION
	9:15 AM - 10:00 AM SPIN DIANE M		9:15 AM - 10:00 AM BOOTCAMP TARA	9:15 AM - 10:00 AM SPIN DIANE M	9:30 AM - 10:15 AM ZUMBA TINA P	
10:00 AM - 10:45 AM SILVER SNEAKERS LEVEL I MICHELLE		10:00 AM - 10:45 AM PILATES POLLY C	10:00 AM - 11:00 AM YOGA (STUDIO A)	10:15 AM - 11:00 AM PILATES PLUS (WEIGHTS) POLLY		
			10:30 AM - 11:15 AM SILVER SNEAKERS LEV 1 YVONNE YVONNE			
	4:00 PM - 4:45 PM BARRE MARY ELLEN STUDIO A				Ocean Community YMCA Westerly-Pawcatuck Branch 401-596-2894 oceancommunityymca.org FALL HOURS: M-F 5:00AM-8:00PM S & S 5:00AM-2:00PM Schedule is subject to change for Y events. Revised 9/29/20	
	5:00 PM - 5:45 PM STRENGTH TRAINING MARY ELLEN STUDIO B	5:30 PM- 6:15 PM SPIN KATHLEEN				