



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS/GYM — 266 COLLEGE ST.

AUGUST 1 - 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The C.U.T. 6:00 - 6:55 M,V - Hannah	Spin® 6:00 - 6:50 NOW AT Y ANNEX	Insanity 6:00 - 6:55 M,V - Kristin	Spin® 6:00 - 6:50 NOW AT Y ANNEX	The C.U.T. 6:00 - 6:55 M,V - Hannah	Adult Basketball 6:00 - 8:20	Adult Basketball 7:00 - 8:45
Adult Basketball 7:00 - 7:55	Group Core® 7:10 - 7:40 E - Katticus	Adult Basketball 7:00 - 7:55	Group Core® 7:10 - 7:40 E - Katticus	Adult Basketball 7:00 - 7:55		
Silver Foxes 8:00 - 8:50 S - Susan	Vinyasa Yoga 7:45 - 8:45 NOW AT Y ANNEX	Silver Foxes 8:00 - 8:50 S - Susan	Vinyasa Yoga 7:45 - 8:45 NOW AT Y ANNEX	Silver Foxes 8:00 - 8:50 S - Susan		
Group Core® 9:00 - 9:30 E - Katticus	Butts, Guts & More 9:00 - 9:55 E - James	Zumba® 9:05 - 9:55 NOW AT Y ANNEX	Butts, Guts & More 9:00 - 9:55 E - James	Group Core® 9:00 - 9:30 E - Dianne	Open Gym 8:30 - 4:45	Group Core® 9:00 - 9:30 E - Various
HIIT 25 9:30 - 9:55 E - Katticus				HIIT 25 9:30 - 9:55 E - Dianne		HIIT 25 9:30 - 9:55 NOW AT Y ANNEX
Y Programming 10 - 12				Open Gym 10:30 - 11:45	FOR OPEN GYM TIMES, Please call 862-9622	FOR OPEN GYM TIMES, Please call 862-9622
The C.U.T. 12:10 - 1:00 M,V - Andrew	Group Core® 12:05 - 12:35 E - Various	Cross Fire 12:10 - 1:00 M,V - Kat	Group Core® 12:05 - 12:35 E - Various	Insanity 12:10 - 1:00 M,V - Kristin		
	Adult Basketball 12:35 - 2:00		Strive * 12:10 - 1:00 E - Katticus			
Open Gym 1:00 - 3:00		Open Gym 2:00 - 3:30	Open Gym 1:00 - 3:00	Open Gym 2:00 - 3:30		
Y Programming						
Group Power® 5:25 - 6:25 E - Vika	Spin® 5:10 - 5:55 NOW AT Y ANNEX	Group Power® 5:25 - 6:25 E - Kristin	Spin® 5:10 - 5:55 NOW AT Y ANNEX	Group Power 5:25 - 6:25 E - Calantha		
Fitness Pilates 6:35 - 7:30 E - Peggy	Zumba® 6:00 - 7:00 NOW AT Y ANNEX		Sivananda Yoga 6:35 - 8:00 NOW AT Y ANNEX	Group Fitness Sampler 5:30 - 6:30 E - Kristin		
	Open Gym 7:10 - 7:45		Open Gym 7:10 - 7:45	Open Gym 6:35 - 7:45	POMERLEAU FAMILY Y 266 College Street, Burlington, VT 05401 P 802-862-9622 gbymca.org	

For Aquatic Fitness Classes, please see Pool Schedule.