

MOUNT DESERT ISLAND YMCA

FITNESS Schedule

Dates: February 22nd through April 18th

FITNESS SCHEDULE February 22nd to April 18th

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5 am					Multi-Level		
6 am		AM ABS 6:30-6:50		Group Power 6:30-7:30	Indoor Cycling 6:30-7:30		
7 am			Cardio Step				
8 am		Jazzercise 8:45-9:45	8:00-8:30	Jazzercise 8:45-9:45	Zumba		
9 am	Group Power 8:45-9:45	Multi-Level	Group Power 8:45-9:45	Talks & Walks 9:00-10:00	8:45-9:45		
10 am	Ready Fit 10:15-11:15	Indoor Cycling 9:00-10:00	Vinyasa Flow Yoga 10:00-11:00		Mat Pilates 10:00-11:00		
11 am		Keep on Moving 10:30-11:30		Keep on Moving 10:30-11:30	Ready Fit 10:15-11:15		
12 PM		50+ Fitness Club 11:00-Noon		50+ Fitness Club 11:00-Noon	Healthy Lifestyles Noon-1:15		
1 PM							
2 PM							
3 PM							
4 PM				Boot Camp 4:45-5:45			
5 PM		Mat Pilates 5:15-6:15	Group Power 5:10-6:10	Zumba 5:45-6:45	Yogalates 5:30-6:30		
6 PM	Group Power 5:45-6:45	Multi-Level		Multi-Level			
7 PM	Belly Dance 7:00-8:00	Indoor Cycling 6:00-7:00		Indoor Cycling 6:00-7:00			
8 PM							