



GROUP EXERCISE SCHEDULE

February 27–April 22

Be sure to check out www.clarkymca.org
for class descriptions, additional information and more!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|
| Morning Classes | | | | | |
| 5:15–5:45am BodyPump™ Express w/Kristen | 5:15–5:45am Body Combat™ Express w/Kristen | 5:15–5:45am BodyPump™ Express w/Kristen | 5:15–5:45am Body Combat™ Express w/Kristen | | |
| | | 6:00–7:00am Cycling Bootcamp w/Mary Lee | | 6:00–7:00am Cycling Bootcamp w/Mary Lee | |
| 8:30–9:30am AquaZumba w/Laurie | 8:30–9:30am Water Walking | 8:30–9:30am AquaZumba w/Laurie | 8:30–9:30am Water Walking | 8:30–9:30am AquaZumba w/Laurie | |
| 9:15–10:15am BodyPump™ w/Kristen | 9:15–10:15am Body Combat™ w/Kristen | 9:15–10:15am Balance w/Kristen | 9:15–10:15am Stretch w/Kristen | 9:15–10:15am BodyPump™ w/Kristen | |
| 10:30–11:15am SilverSneakers® Classic w/Kristen | | 10:30–11:15am SilverSneakers® Stability w/Laurie | | 10:30–11:15am SilverSneakers® Classic w/Kristen | |
| Afternoon & Evening Classes | | | | | |
| 12:00–2:00pm Open Pickleball in Gymnasium | 12:00–2:00pm Open Pickleball in Gymnasium | 12:00–2:00pm Open Pickleball in Gymnasium 4:00–4:45pm Yoga w/Mary Lee | 12:00–2:00pm Open Pickleball in Gymnasium | 12:00–2:00pm Open Pickleball in Gymnasium | *Schedule is subject to change based on class de- mand |
| 6:00–7:00pm Zumba® w/Laurie | | 6:00–7:00pm Zumba® w/Laurie 6:00–8:00pm Open Pickleball in Gymnasium | 6:00–8:00pm Open Pickleball in Gymnasium | | ALL fitness classes listed are FREE for members! |