



GROUP EXERCISE SCHEDULE

January 2–February 25

effective Jan. 11

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		ALL fitness classes listed are FREE for members!