

Group Fitness Classes - Berkshire Family YMCA - Pittsfield Branch

WEEKLY SCHEDULE

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|--------|--|--|--|---|---|--------------------------------|
| 6am | | Cycling & Abs 6:10am - 7am | Kettlebell 6:10am - 7am | Cycling & Abs 6:10am - 7am | H.I.T. 6:10am - 7am | Cardio Sculpt 6:15am - 7:10am | |
| 7am | | | | | | | |
| 8am | | | | | | | 30/30 8am - 9am |
| 9am | | Deep Water Workout w/ Vicki 9:10am - 10am | Silver Sneakers Circuit 9am - 9:45am | Deep Water Workout w/ Vicki 9:10am - 10am | Deep Water Workout w/ Jeff 9:10am - 10am | Silver Sneakers Circuit 9am - 9:45am | Yoga w/ Helen 9:15am - 10am |
| 10am | | Silver Sneakers Classic 10am - 10:45am | Silver Sneakers Yoga 10am - 11am | Silver Sneakers Classic 10am - 10:45am | | Deep Water Workout w/ Vicki 9:10am - 10am | |
| 11am | | | | | Chair Yoga 10:15am - 11am | Silver Sneakers w/ Mary Ellen 10:15am - 11am | |
| 12pm | | Chair Yoga 11:15am - 12pm | Water Aerobics 11:15am - 12pm | Water Aerobics 11:15am - 12pm | Yoga w/ Tracy 11:20am - 12:05pm | Water Aerobics 11:15am - 12pm | |
| 1pm | | Cycling 12:15pm - 1:15pm | | Cycling 12:15pm - 1:15pm | | | |
| 2pm | | | | | | | |
| 3pm | | Low Intensity Cardio with Weights 3pm - 4pm | | Low Intensity Cardio with Weights 3pm - 4pm | | | |
| 4pm | | | | | | | |
| 5pm | | H.I.T. & Yoga 4:45pm - 6:15pm | Kettlebell 4:45pm - 5:30pm | Tabata 4:45pm - 5:30pm | | | |
| 6pm | | | A.B.S. (Abs, Back, Stretch) 5:30pm - 6:15pm | Yogilates 5:45pm - 6:15pm | | | |