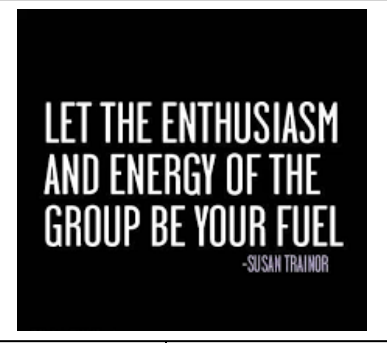




June 2017 - Group Fitness – Danville Family YMCA



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Working out together is a great way to start habits that will last and get results that everyone will see! Join</p>		<p>1</p> 5:30 TRX Don 8:00 Zumba Morgan 10:30/12:00 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 STT/GP Jennifer 5:30 Box and Sculpt Jon 5:40 Step Mix Morgan 6:40 Zumba Sonal 6:40 Yoga Kirsten 7:00 TRX Bryan	<p>2</p> 5:30 Box and Sculpt Jon 6:00 Yoga Sonal 6:00 HIT Travis 8:00 STT/GP Jayne 9:30 Yoga Frank 9:30 Cycle Jessica 10:30 Senior TRX Leanne 5:00 Abs and Arms 5:30 Cycle Letitia	<p>3</p> 8:00 Kickboxing Jennifer 9:30 Cycle 30 with abs Terrence 9:30 Zumba Sonal 10:30 Yoga Letitia 11:00 Silver Sneakers Kathy/Donna
				<p>4</p> 2:00 Cycle Robin 2:00 Zumba Valerie 3:15 STT/GP Randy	<p>5</p> 6:00 Cycle Robin 8:00 STT/GP Robin 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 Silver Shuffle 10:30 Senior TRX Leanne 4:30 Cycle 30 w/abs Bryan 4:30 Youth Hip Hop Valerie 5:30 Cycle Letitia 5:30 STT/GP Jennifer 6:30 Box and Sculpt Ronnie 6:40 Zumba Valerie 6:40 Power Yoga Leslie	<p>6</p> 5:30 Box and Sculpt Jon 6:00 HIT Travis 9:15 WIM Lindsey 9:30 Cycle Diana 10:00 Yoga Frank 10:30 TRX Lindsey 10:30/12:00 Silver Sneakers 4:30 Cardio Mix Robin 5:30 Box and Sculpt Jon 5:30 Step Mix Kristen 6:40 STT/GP Randy 6:40 Yoga Frank
<p>11</p> 2:00 Cycle Robin 2:00 Zumba Cookie 3:15 STT/GP Robin	<p>12</p> 6:00 Cycle Letitia 8:00 STT/GP Jayne 9:30 Pilates Sarah 9:30 Yoga Casey 10:30 Silver Shuffle 10:30 Senior TRX Leanne 4:30 Cycle 30 w/abs Robin 4:30 Youth Hip Hop Taylor 5:30 Cycle Robin 5:30 STT/GP Leslie 6:30 Box and Sculpt Ronnie 6:40 Zumba Valerie 6:40 Power Yoga	<p>13</p> 5:30 Box and Sculpt Jon 6:00 HIT Travis 9:15 WIM Lindsey 9:30 Cycle Jessica 10:00 Yoga Casey 10:30 TRX Lindsey 10:30/12:00 Silver Sneakers 4:30 Cardio Mix Robin 5:30 Box and Sculpt Jon 5:30 Step Mix Katie 6:40 STT/GP Bryan 6:40 Yoga Frank	<p>14</p> 5:45 STT/GP Leslie 8:00 STT/GP Jayne 9:30 Pilates Casey 10:30 Silver Stretch Kathy 4:30 Cycle30 w/abs Lindsey 4:30 Youth Zumba Valerie 5:30 Cardio Mix William 6:30 Box and Sculpt Ronnie 6:40 Power Yoga Casey	<p>15</p> 5:30 TRX Robyn 8:00 Zumba Jayne 9:15 WIM Lindsey 10:30/12:00 Silver Sneakers Kathy/Donna 12:15 Yoga Frank 4:30 STT/GP Randy 5:30 Box and Sculpt Jon 5:40 Step Mix William 6:40 Zumba Kristen 6:40 Yoga Kirsten 7:00 TRX Bryan	<p>16</p> 5:30 Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 STT/GP Jayne 9:30 Yoga Frank 9:30 Cycle Jessica 10:30 Senior TRX Leanne 5:00 Abs and Arms 5:30 Cycle Robin	<p>17</p> 8:00 Kickboxing Mix Cindy 9:30 Cycle 30 with abs Terrence 9:30 Zumba Cookie 10:30 Yoga Kirsten 11:00 Silver Sneakers Kathy/Donna

<p>18</p> <p>2:00 Cycle Letitia 2:00 Zumba Valerie 3:15 HIT Terrance</p> <p>HAPPY FATHER'S DAY!</p>	<p>19</p> <p>6:00 Cycle Robin 8:00 STT/GP Robin 9:30 Pilates Sarah 9:30 Yoga Frank 10:30 Silver Shuffle 10:30 Senior TRX Leanne 4:30 Cycle 30 w/abs Lindsey 4:30 Youth Hip Hop Taylor 5:30 Cycle Lindsey 5:30 STT/GP Katie 6:30 Box and Sculpt Ronnie 6:40 Zumba Morgan 6:40 Power Yoga Leslie</p>	<p>20</p> <p>5:30 Box and Sculpt Jon 6:00 HIT Travis 9:15 WIM Lindsey 9:30 Cycle Diana 10:00 Yoga Letitia 10:30 TRX Lindsey 10:30/12:00 Silver Sneakers 4:30 Cardio Mix Katie 5:30 Box and Sculpt Jon 5:30 Step Mix Morgan 6:40 STT/GP Robin 6:40 Yoga Letitia</p>	<p>21</p> <p>5:45 STT/GP Leslie 8:00 STT/GP Jayne 9:30 Pilates Lindsey 10:30 Silver Stretch Kathy 4:30 Cycle30 w/abs Robin 4:30 Youth Zumba Valerie 5:30 Cardio Mix William 6:30 Box and Sculpt Ronnie 6:40 Power Yoga Kristen</p>	<p>22</p> <p>5:30 TRX Don 8:00 REFIT Courtney 9:15 WIM Lindsey 10:30/12:00 Silver Sneakers Kathy/Donna 12:15 Yoga Sonal 4:30 STT/GP Katie 5:30 Box and Sculpt Jon 5:40 Step Mix William 6:40 Zumba Morgan 6:40 Yoga Letitia 7:00 TRX Bryan</p>	<p>23</p> <p>5:30 Box and Sculpt Jon 6:00 Yoga Letitia 6:00 HIT Travis 8:00 STT/GP Jayne 9:30 Yoga Letitia 9:30 Cycle Jessica 10:30 Senior TRX Leanne 5:00 Abs and Arms 5:30 Cycle Robin</p>	<p>24</p> <p>8:00 HITT Terrance 9:30 Cycle 30 with abs Letitia 9:30 Zumba Cookie 10:30 Yoga Letitia 11:00 Silver Sneakers Kathy/Donna</p>
<p>25</p> <p>2:00 Cycle Robin 2:00 Zumba Morgan 3:15 STT/GP Randy</p>	<p>26</p> <p>6:00 Cycle Letitia 8:00 STT/GP Jayne 9:30 Pilates Lindsey 9:30 Yoga 10:30 Silver Shuffle 10:30 Senior TRX Lindsey 4:30 Cycle 30 w/abs Robin 4:30 Youth Hip Hop Taylor 5:30 Cycle Robin 5:30 STT/GP Leslie 6:30 Box and Sculpt Ronnie 6:40 Zumba Morgan 6:40 Power Yoga Sonal</p>	<p>27</p> <p>5:30 Box and Sculpt Jon 6:00 HIT Travis 9:15 WIM Lindsey 9:30 Cycle Diana 10:00 Yoga Sonal 10:30 TRX Lindsey 10:30/12:00 Silver Sneakers 4:30 Cardio Mix Robin 5:30 Box and Sculpt Jon 5:30 Step Mix Kristen 6:40 STT/GP Randy 6:40 Yoga Letitia</p>	<p>28</p> <p>5:45 STT/GPJayne 8:00 STT/GP Bryan 9:30 Pilates Sonal 10:30 Silver Stretch Kathy 4:30 Cycle30 w/abs Robin 4:30 Youth Zumba Valerie 5:30 Cardio Mix William 6:30 Box and Sculpt Ronnie 6:40 Power Yoga Casey</p>	<p>29</p> <p>5:30 TRX Don 8:00 REFIT Courtney 9:15 WIM Lindsey 10:30/12:00 Silver Sneakers Kathy/Donna 12:15 Yoga Sonal 4:30 STT/GP Katie 5:30 Box and Sculpt Jon 5:40 Step Mix Morgan 6:40 Zumba Valerie 6:40 Yoga Kirsten 7:00 TRX Bryan</p>	<p>30</p> <p>5:30 Box and Sculpt Jon 6:00 Yoga Casey 6:00 HIT Travis 8:00 STT/GP Jayne 9:30 Yoga Sonal 9:30 Cycle Jessica 5:00 Abs and Arms 5:30 Cycle Robin</p>	

Changes!

We say goodbye for now to Jennifer and wish her the best of luck as she takes on continuing her path to becoming a doctor.

Thursday early morning TRX, get your boxing fix on Tuesday and Friday.

S A Y welcome to Kirsten and Don.

New times for our day time Silver/Senior classes and for STT/GP on Tuesday evenings (6:40 to allow for transitions).