



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF CENTRAL
MASSACHUSETTS

[Click here for Zoom Access](#)

Zoom Group Fitness Class Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM							
5:30 AM							
6:30 AM		Cycling with Charice					
7:00 AM							
8:00 AM							
8:15 AM							
8:30 AM							
9:00 AM	Fit after 50 with Christine		Fit after 50 with Charice	Pilates with Kate	Butts, Guts, & Guns with Kate H.		
9:15 AM							
10:30 AM	Silver Sneakers with Christine N		Silver Sneakers with Maura		Silver Sneakers with Sue		
11:00 AM							
11:30 AM							
5:00 PM							
5:15 PM							
5:30 PM							
6:00 PM	Heavy Metal with Kate H.		Butts, Guts, & Guns with Kate H.	Cycling with Cindy			
6:45 PM							