



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**CAMBRIDGE AREA YMCA FAMILY CENTER**  
**FALL SESSION I FITNESS SCHEDULE**  
 SEPTEMBER 8, 2020 – OCTOBER 24, 2020

**\*CLASSES IN THE GYMNASIUM\***

Phone: (740) 432-4600

Facebook: Cambridge Area YMCA Family Center

Webpage: [www.cambridgeymca.com](http://www.cambridgeymca.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 – 10:15 SilverSneakers Classic  <i>Carmella</i>		9:15 – 10:15 Morning Groove (line dancing)  <i>Barb</i>	9:30 – 10:15 Drumming  <i>Sharon</i>	9:30 – 10:15 SilverSneakers Classic  <i>Carmella</i>	9:15 – 10:00 Indoor Cycling  <i>Doree</i>
10:15 – 11:00 Yoga  <i>Carol P.</i>				10:15 – 11:00 Yoga  <i>Carmella</i>	10:15 – 11:15 Total Body Fitness  <i>Janna R.</i>
5:15 – 6:00 Muscle Blast  <i>Carmella</i>		5:15 - 6:00 Zumba  <i>Carmella</i>			
6:15 – 7:00 Indoor Cycling  <i>Carmella</i>	6:15 – 7:00 Pedal Power  <i>Tasha</i>	6:15 – 7:00 Outdoor Bootcamp/HIIT  <i>Tasha</i>	6:15 – 7:00 Indoor Cycling  <i>Doree</i>		
		6:15 – 7:00 Yoga  <i>Carmella</i>			

EMAIL: \_\_\_\_\_

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

