



**BOYERTOWN AREA YMCA**

[www.boyertownymca.org](http://www.boyertownymca.org)

**Group Exercise Schedule**

**Summer 1: June 13-July 24    Summer 2: July 25-Sept. 4**

**William S. Hollenbach Center**

3065 N. Charlotte Street, Gilbertsville

610-754-7010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:00 a.m.</b> Flex N Stretch to 9:00 am <i>Ceil</i>	<b>8:00 a.m.</b> Senior Conditioning & Sport to 9:00 am <i>Ceil</i>	<b>9:00 a.m.</b> Flex N Stretch to 10:00 am <i>Bridget</i>	<b>8:00 a.m.</b> Senior Conditioning & Sport to 9:00 am <i>Elaine</i>	<b>9:15 a.m.</b> Barbell to 10:15 am <i>Bridget</i>	<b>7:00 a.m.</b> Aero Kickbox to 7:30 am <i>Terry</i>
<b>9:15 a.m.</b> Barbell to 10:15 am <i>Bridget</i>	<b>7:00 p.m.</b> Traditional Pilates to 8:00 pm <i>Ceil/Kathy</i>	<b>6:30 p.m.</b> Gentle Yoga to 7:30 pm <i>Marge</i>		<b>6:30 p.m.</b> Balance Yoga to 7:30 pm <i>Marge</i>	<b>7:30 a.m.</b> Abs+ to 8:00 am <i>Terry</i>
<b>6:00 p.m.</b> Barbell to 7:00 pm <i>Bridget</i>		<b>7:30 p.m.</b> Yoga 1 to 8:30 pm <i>Marge</i>			
<b>6:30 p.m.</b> Gentle Yoga to 7:25 pm <i>Marge</i>					
<b>7:30 p.m.</b> Yoga 1 to 8:30 pm <i>Marge</i>					

All classes on these schedules are FREE to Wellness members.

*Classes are subject to change. Check our website for the latest schedule.*